

STAYING WELL

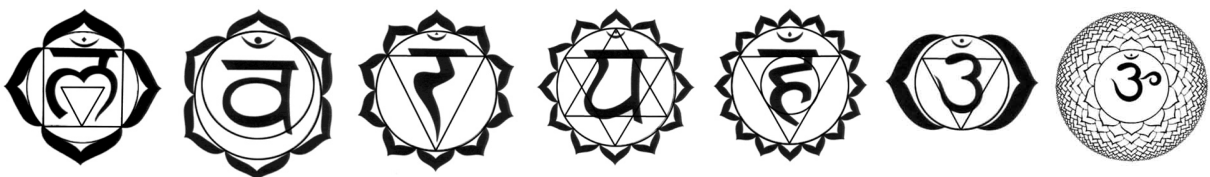
Supreme Wellness

Lecture-Demo Series

**Starts Mon. Nov. 2, 7 - 7:30pm, Studio B, Bally Total Fitness
Every Mon. at 7pm through Dec. 28, 2009, \$5 per session.
Bring a yoga mat if you have one. If not, just bring yourself!**

Tune in and feel the power!

- ◆ **Raja Yoga, a powerful method of fitness and health**
- ◆ **Zen Shiatsu with Meridian Exercises – Makka Ho!**
- ◆ **Structural Integration to reshape your body!**
- ◆ **Improve strength, flexibility, sleep, mind, & more!**



Chakras - energy centers in the body - shown above

Contact Instructor (503) 724-2755 healinglight.info

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