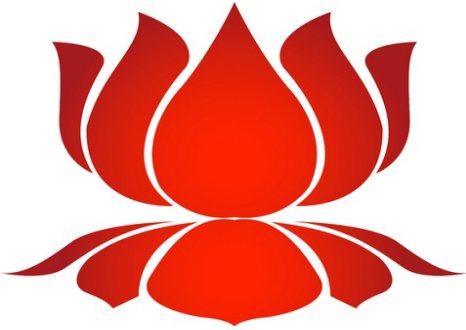


Yoga for Good



Yoga Class

Sign Up!

breathe in, give back

Session to benefit:

Day:

Time:

First Class Date:

6 Class Session Cost:

Pre-register by:

Location:

Host contact person:

We teach a multi-style discipline designed so that all people can experience the numerous benefits of a personalized yoga practice. It is based on the philosophy that yoga is for everyone, not just those who are physically flexible, healthy, and free of injury or medical conditions. It is taught with fun and gentle guidance, and in a non-intimidating manner. From gentle & therapeutic classes, or athletic & dynamic classes ... and anything in between. we teach with the FYB philosophy, "The Person, Not The Pose"®.

For more information or to register visit

www.yoga-for-good.com

Instructor: Meg Wambach

Meg is a registered Yoga Teacher from Feel Your Best Yoga. Meg was attracted to the FYB philosophy, "The person, not the pose" and the incorporation of modifications and moderation allowing all people to benefit from a Yoga practice. Meg's teaching style is playful, nonjudgmental and facilitates each students unique journey on the yogic pathway. Meg received her Ace Fitness Personal Trainer Certification in 2006 and also teaches pilates, yogalates, and body sculpt classes throughout the community.