

**Susan Meyers is a recent graduate of
YogaEtc, Studio's RYT500 Training and
a current instructor at
MAD Beach Yoga in Madeira Beach**

**Second Wednesdays
Starting
February 10, 2016
11:00 am**



THE JOYS OF GENTLE YOGA IN OR WITH A CHAIR

**Discover the benefits of Yoga★improved overall health
and well-being★release of muscular tension★increase
range of motion and flexible joints★better circulation★
improve concentration and memory★reduce stress or
anxiety★more peaceful, optimistic way of being★
steadiness and balance**

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