

# Low Stress Yoga

## “YOGA with MARC”



On Mondays and Fridays

At 10:00 am

This is a “gentle” yoga exercise class to help improve flexibility and movement.

Classes are \$5 per class. Anyone can attend the class at any time, as each class is “self-contained.” You don’t have to attend in sequence. The only thing needed is comfortable clothing, a towel or mat, and possibly a small pillow for your own comfort.



Anyone interested in attending this class or receiving more information, please contact Marc Meyer at (910) 575-9642 or email him at: [mem289@seatrail.net](mailto:mem289@seatrail.net) or complete the form below:

Name(required)

Email(required)

Phone(required)

Please Contact Me about "Yoga With Marc"