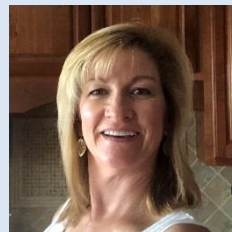


Yogafit~ Style – Starting Sept 10th

Classes are Monday Nights at 7pm in the Messiah Narthex

Opportunity for regular physical activity, fellowship and relationship building with brothers and sisters in Christ.

Fee Charged \$10



Susan Silver – Certified
Yoga Instructor
suzioga@gmail.com
(812) 212 -1577 (cell)

Yogafit~Style – Starting Sept 10th

Yogafit~Style is fitness focused yoga classes led by **Yogafit~trained instructor**

Yogafit~Style is a yoga program **for all levels of participants** which focuses Breathing, Feeling, Listening to the Body, Letting Go of Competition, Judgement and Expectation. Staying in the Present Moment.

Yogafit – Starting Sept 10th

**Yogafit classes focus on: Breathing,
Feeling, Listening to the Body,
Letting Go of Competition, Judgement
and Expectation**

After regular Yogafit-style workouts, you will experience increased strength and stamina, natural weight loss, a higher energy level, more vitality, better body awareness and better body tone

