

# Yoga Towards a Youthful & Healthier Life

**Embrace wellbeing:  
Mind & Body Harmony**

**Energize Your Practice:  
Flow Sequences to  
Boost Your Day**

**Yoga & Wellness:  
Nourish Your  
Body and Soul**

**Meditation &  
Mindfulness: The  
Essentials for  
Inner Calm**

[www.yogaspecialclass.com](http://www.yogaspecialclass.com)



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