

Christ's Light Yoga

Winter Wellness

Therapeutic Yoga

TUESDAYS

9:30 - 11:00 AM • Gym

FRIDAYS

8:00 - 9:30 AM • Gym

Vinyasa Flow

THURSDAYS

3:00 - 4:30 PM • Rm 8

Yoga Pilates

TRIMDOWN

Coming This Spring!

Yachats Commons

Donations Accepted • Call Altruh 541-547-4138

Please Join Us Fragrance Free