



COUPLES YOGA NIGHT

Saturday Evenings | 7:00-8:15pm

Finding time to RELAX or to try something HEALTHY and stress free with your spouse or partner is not always easy. Couples Yoga Night gives couples a chance to SHARE a relaxing evening together. The class will be a RESTORATIVE flow designed to DETANGLE the stress of your week. This class is intended for all levels of yoga and there is absolutely no prior yoga experience necessary

All first time yoga students are welcome!

Register online at beverlyyogacenter.com

MARCH 9

with Liz Smith

APRIL 6

with Amy Slyfield

MAY 11

with Liz Smith

\$35 per couple by
March 4, April 1 and May 6;
\$40 after



Beverly Yoga Center

*May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.*