



# Yoga Groove

*with Jennifer Osman*

MUSIC has the ability to energize and soothe our bodies. The right music can provide the inspiration to be guided into new directions that one might never have imagined before. Join Jennifer for a yoga class synchronized to the songs of U2 and Prince. A specially curated hour of music that will invite you into a state of surrender, daring and acceptance.

**Saturdays**  
4:00 - 5:00 pm

**April 13** featuring **U2**

**MAY 18** featuring **Prince**

\$20 per class before 4/8 and 5/13; \$25 after  
*Advance registration required.*



**Beverly Yoga Center**

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