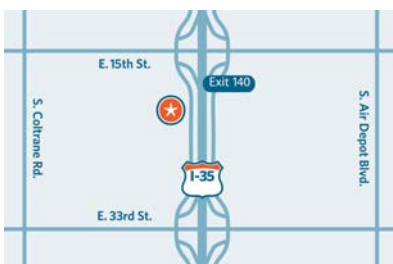




Deep breathing exercises calm the mind and the body before moving into gentle, guided poses.



Mercy Fitness Center  
2017 W. I-35 Frontage Road  
Edmond, Oklahoma 73013  
405.757.3300



## Sunday Afternoon Yoga

Sunday, May 7  
3:00pm - 4:00pm  
Instructor: Balzia  
Location: Room 1  
Members: \$0 / non-members: \$10  
No sign-up needed  
Contact person: Cindy Blair at 405.757.3328

A gentle yoga class including activity that increases your flexibility, strengthens your muscles, centers your thoughts, and relaxes your body.

### What You Need to Know

- For men and women, no previous experience required.
- Deep breathing exercises calm the mind and the body before moving into gentle, guided poses.
- Finally, an extended final relaxation (Savasana) will relax the mind, body and spirit.
- Please feel free to bring a pillow and a blanket.