

Yoga With Susan Allen



Gentle Yoga

Tuesday & Thursdays 5:45- 6:45pm

Saturdays 9-10am

Southminster Presbyterian Church

Location: The Community Room

Questions? 937-609-6759 Susan Allen

sallen0204@gmail.com

Like my Facebook page “Yoga with Susan Allen

\$10/class drop in

Open to the Public

- NO previous Yoga experience needed.
- Open to all ages of adults, body types and genders.
- (Real men do Yoga too)!
- Bring: a **Yoga or Pilates mat, a light blanket or throw, and water.**
- Bring your true self with an open heart AND a friend or two (the community part).

Health Benefits: Reduces stress, improves sleep, lowers blood pressure, increases flexibility, improves balance, & even improves digestion. You will practice/learn how to maintain that feeling throughout your day. Join fellow Presbyterian, Certified Yoga teacher, & Cancer survivor. Susan will lead you through deep breathing and how it calms you.