



YOGA FOR ATHLETES CLASS

This class is for all athletes looking for the perfect complimentary practice to their sport specific training. Yoga helps improve strength and balance, increase flexibility and range of motion, reduce injuries, quicken recovery time and teaches you how to breathe more efficiently. Yoga also provides mental benefits like reduced stress, a more calm, balanced mind plus sharper focus and concentration skills. This class is great for body, mind and spirit!

START DATE: Tuesday, May 25

END DATE: Tuesday, June 29

TIME: 7:30 - 8:45pm

COST: \$60 for 6 weeks

- **Payment due with Registration**
- **Space is limited – please register early to reserve your spot!**

Name: _____

E-mail: _____

Phone: _____

Please hand in or mail your registration form and payment made payable to: **KAREN KENNEY**

QUEST YOGA STUDIO • 114 DOVER ROAD • CHICHESTER, NH 03258

WWW.QUESTYOGA.COM