

Stress-Less Yoga Classes

Manage Your Stress!

Balance Body, Mind & Spirit



- Stretching increases **Flexibility**, tones muscles & enhances workouts.
- Breathing exercises increases **Energy**, circulation & nourish organs.
- Deep relaxation, visualization & meditation creates **Calm Inner Peace**.
 - **Reduce Pain, Anxiety, Depression, Tension, & More...**

Date & Time: Mondays – 7:00 pm to 8:30 pm

Place: Curves, Anthem (42323 Vision Way)

Fee: Curves Members: \$60 for 6 classes, \$12 drop in

Non-members: \$75 for 6 classes, \$14 drop in

(Receive one free class when you register)

Tania Bloch has her MA Psychology / Certified Yoga Teacher and specializes in stress-management offering private personal growth coaching. She produced *“Spirit of Yoga in Sedona” DVD & Relaxing Healing Journeys CD*. Tania is the author of inspirational book *“How Butterbees Came to Bee!”* & facilitator of *“Butterbee Buzz Creative Play-shops”* which includes Yoga for kids inspiring Tolerance, Creativity & Positive Messages.

Spirit of Yoga in Sedona DVD - Available for home practice.

“Beautiful Video DVD. I Love it!” - Dr. Wayne Dyer - Best-Selling Author

Wear comfortable clothing. Mats available. Self-paced.

Contact: Tania (480) 220- 4441 / tania@beeunlimitedyoga.com