

**LOSE WEIGHT, REDUCE CHRONIC
PAIN, AND CONTROL *STRESS***

WITHOUT A PRESCRIPTION.





FREE Yoga Mat!

Enroll now and receive
a free yoga mat with
completed registration.
Expires 03/31/14

- Expert teachers
- Classes for all levels
- Flexible schedules
- Pre-natal instruction
- Zen environment

UNITE THE MIND, BODY, AND SOUL INTO COMPLETE HARMONY.

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REGULATE THE BODY ENERGY
RELAX AND TONE THE MUSCLES
REDUCE AND ELIMINATE STRESS
CALM AND CENTER THE MIND



555.543.5432 | www.yourwebsitehere.com

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Tomball, TX 74321

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