



# Free Yoga for Beginners

**Saturday, November 16th at 11am**

**A free workshop offering an introduction to yoga and its health benefits. Participants will learn simple yoga postures to bring about increased stability and balance. Presented by the Isha Foundation.**

**Benefits of Yoga For Beginners:**

- Can relieve stress, anxiety and tension
- Strengthens the spine and activates lumbar region of the spine
- Body will feel more rested, alert and focused

**Bring your own yoga mat!  
Suitable for all ages**