



# Free Yoga for Beginners

**Saturday, February 8th at 2pm**

**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! RSVP : [InnerEngineering.com/free-sessions](http://InnerEngineering.com/free-sessions) For more information please call (469)298-8963 or email [dallas@ishausa.org](mailto:dallas@ishausa.org)**