

# Free Yoga at Shelly Lake



**Learn Yoga from a  
pool of experienced  
Yoga teachers**



Enjoy a free yoga class by the lake in a natural, open, peaceful and beautiful setting.

Your benefits will include stress reduction, increased strength and flexibility, improvement in chronic ailments and an overall feeling of relaxation and well-being.

**When:** May 3 - Sept 27, 2009

**Time:** Sunday, 7:30 AM – 8:30 AM

**Where:** Shelly Lake Park – 1400 West Millbrook Rd, Raleigh, NC 27612 (by the dam at the soccer field)

Please wear comfortable clothes and bring a yoga mat and another water-proof sheet to cover the wet grass

**For more info, please visit:  
<http://www.yttonline.org/>**

**Sponsored by the Yoga Teachers  
of the Triangle**