

Free Yoga at Shelley 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 1 - Sept 25, 2011

Time: Sunday, 7:30 – 8:30 AM

Where: Shelley 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**