

Beginning Your Yoga Practice

The Time is NOW
to be Happy, Healthy, and Free

Do you want to start practicing Yoga, but are unsure of where or how to begin? Have you not engaged in physical activity in some time? Recovering from injury? Having physical or other challenges? Just a bit nervous to begin with a group class? We can help...

Call or email Chris to begin today
(978) 352-8787 or santiyoga@yahoo.com



Beginner Benefit Package

Special Offer for New Students

\$125

2 Private Instruction Sessions,
75 minutes, including
personal practice assessment;
(value, \$130)

2 Group Classes of your choice,
to be used within 14 days
of first private session
(value, \$30)

**Savings of \$35.
Benefits of practice—Priceless.**