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Townsville, State 54321

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UNITING THE
MIND, BODY, AND SOUL
OF THE INDIVIDUAL

INTO COMPLETE & TOTAL HARMONY





YOGA STUDIO USES:

RELAXATION

postures to reduce and eliminate stress

BREATHING
techniques to regulate the body's energy

MEDITATION

to calm and center the mind

EXERCISES

to relax and tone the muscles



ASHTANGA

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KUNDALINI

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Class Descriptions

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About Our Studio

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About Our Instructors

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| Day | Time | Class | Instructor |
|-----------|------|------------|----------------|
| Monday | 0:00 | Beginner | First Lastname |
| Tuesday | 0:00 | All Levels | First Lastname |
| Wednesday | 0:00 | Ashtanga | First Lastname |
| Thursday | 0:00 | Kundalini | First Lastname |
| Friday | 0:00 | Pilates | First Lastname |
| Saturday | 0:00 | Beginner | First Lastname |

How To Sign Up

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