



A Day of Yoga Classes

with Scott Willis

Treat Yourself to Yoga that Really Hits the Spot

Are you new to yoga?

Have you tried yoga in the past, but didn't think it was right for you?

Do you want to try a friendly, compassionate approach to yoga?

We are offering three free beginning yoga classes on

Wednesday, February 17

- 9:15 – 10:30 a.m.
- 3:45 – 5:00 p.m.
- 5:30 – 6:45 p.m.

Come and try out the Hits the Spot approach to yoga!

Beginning classes, which include gentle stretching, strengthening and relaxation, are led by Scott Willis, who has been teaching yoga and related mind-body classes and workshops 1989.

For more information or to RSVP for a class, please contact Scott.

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hitsthespotyoga.com

The Yoga Center at Solar Hill 229 Western Avenue Brattleboro, VT