

Start your week with a FREE YOGA CLASS

Location: Edendale Middle School
 161 Ashland Ave., San Lorenzo
 (off of E. 14th St.), at Multipurpose Room

Mondays 6:30 – 7:30 p.m.
 Begins: May 7, 2012

Come rejuvenate yourself!

Yoga is widely known to promote healthy living:

- * Helps manage stress and reduce anxiety
- * Build flexibility, strength, and endurance
- * Increases energy and sense of well-being
- * Helps with back pain and stiffness
- * Is a therapy for chronic disease
- * Increases concentration & coping skills
- * Provides a balanced full-body workout

No experience necessary. ALL are welcome.
Wear loose clothing. Yoga mats are provided.

“My day goes better when I start with yoga. I think it is something I want to do my whole life!”
 — Student in Niroga yoga class at Job Corps, San Jose

“The parents all said that they LOVED the class and were saying how they wish the yoga teacher could come everyday.”
 — Outreach Coordinator for Niroga yoga class at James Madison Middle School, Oakland

“I intend to make some changes in my life based on this class.”
 — Staff, Alameda County Public Health Department

An Alameda County Deputy Sheriff’s Activities League (DSAL) program, in partnership with the Niroga Institute

DSAL Information: www.alamedacountydsal.com

Further class information available at:

Call: 510-667-3285

Email: acdeputysal@gmail.com or info@niroga.org

