Tel: 614-450-2188, 848-229-1178 Email: info@ohiochineseschool.org 学校地址: Worthington Phoenix Middle School, 2341 Snouffer Rd., Worthington, OH 43085

"Yoga for men" Yoga class "男士瑜伽" 培训班

Benefit of Yoga for men:

- Encourages overall health and wellness
- Builds up muscle strength and flexibility
- Relives stress and reduces anxiety

强健身体,减轻生活压力,提高生活质量!



Free information session (免费瑜伽普及介绍会) Sunday, March 9th, 3:00-4:50 pm Phoenix Middle school Music Room

30 分钟老师介绍, 20 分钟免费瑜伽体验。

- ♦ What's Yoga?
- ♦ Am I flexible enough for yoga?
- ♦ Why I should do yoga?

This information session will answer all your questions!

20 minutes free yoga workout included in the session

