



FREE WORKSHOP

Start the Year Right – Improve Your Health



YOGA –What?? Why??

Learn to Relax — Reduce Stress—Improve Health

Learn how better breathing can relieve pain, help you think more clear, and feel better!

Even Better! This workshop ASL Yoga!

Teacher: Madi Evermore , Interpreter

All Levels Welcome

BEGINNER – EXPERIENCED

BRING WHAT?

*Mat or soft cushion for floor

*Bottle of water

*Wear comfortable clothes

*Don't eat 2 hours before—more easy to move/breathe

WHERE: DCRC Deaf Center

2051 Valley Street, Dayton 45404

WHEN: Saturday January 12, 10:00 am –11:30 am

FREE— Please register call 937-203-3853 or info@dcrcoho.org

DCRC is a non-profit organization supported by fee for service, grants from Springfield Foundation and Advocates for Kids, our own fundraising efforts, and your generous donations. Thank you.