



Yoga For Beginners – BOGO

Yoga Instructor Jennifer Manchester is offering a **BOGO** for Yoga class for anyone who ever wanted to try Yoga. Enroll yourself and bring a friend for FREE! No Refunds will be given once you have registered.

When you think about exercise, normally it's associated with profuse sweating, being out of breath and then falling over from sheer exhaustion. In comparison, yoga exercises always seem, well, easy. However, once you try it, you'll realize it's more challenging than running 3-4 miles. Yoga benefits every functioning part of the body and you'll soon see that yoga exercises are challenging enough for every level of fitness.

CLASS IS LIMITED TO THE FIRST 20 STUDENTS!

Dates: Wednesday – January 18th – February 22nd, 2012

Time: 5:00- 6:00pm

Location: Edison State College, Lee Campus

Cost: **BOGO- \$90.00 for you and bring a friend for FREE**
No Refunds are allowed once you have registered
(Matriculation Scholarship not usable for BOGO)

Instructor: Jennifer Manchester- Yoga Certified

Seats are limited, so register today!
Advance registration and payment is required
For registration form and information, call 239-489-9235,
email celee@edison.edu
OR download from www.edison.edu/lee/ce