



Gentle Yoga Six - class series

Tuesdays - Nov. 7,14,21,28; Dec. 5,12

5:45 – 7pm

Birmingham Physical Therapy

3234 Cahaba Heights Rd

Yoga can relieve stress and calm the mind. Marie focuses on what's going right with the body helping her students develop strength, flexibility and balance inch by inch. Marie's breath-centered practice invites all to move with ease and take time to notice.

Email mariehurleyblair@gmail.com to sign up. Invest \$75 for six classes or \$20 drop-in.