



At *Breathe Yoga*

TERRE HAUTE MARTIAL ARTS ACADEMY
ELLIS PLAZA 5075 S. US HWY 41

YOGA

Join us in connecting our mind, body and heart.

- ◆ Trained yoga instructor.
- ◆ Classes structured for all bodies with modifications for all levels of yogis.
- ◆ Increase flexibility, strength, and confidence through a combination of mindfulness, breath work, stretching, balancing, and core work.

Classes are offered:

Mondays: 7:15pm and Fridays: 6:15pm

\$5 per class or 5 classes for \$20

Or try our FREE Saturday class at 12:30pm

CONTACT MELISSA GRINSLADE AT 812.298.4852

Mention Theresa or Kamikaze Karate Martial Arts , and we'll give you 10 classes for \$20!