



# Yoga for Stress Management

*stretching • strengthening • relaxation*

**Mondays 6:30pm - 8:00pm**

**Oct. 29—Dec. 10, 2018**

**\$70 for all seven classes**



The goal of this yoga class is to provide you with valuable tools to embrace the challenges of life. We will explore different yoga postures, breathing and relaxation techniques in theory and practice to cope with life's stresses.

The class instructor will be Devaki, she is an international experienced yoga teacher (E-RYT 500+) since 2000. She holds a master's degree in psychology from the University of Cologne, Germany. She is also a licensed massage therapist and certified Ayurvedic health counselor.

*Class size is limited, so reserve your spot today!*

*Go to [www.themaplecenter.org](http://www.themaplecenter.org) for registration.*

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