



*Instructor RoxAnn Madera is Certified/Registered to teach Hatha Yoga. She completed 400+ hours of traditional training at Yoga Vidya/Sivananda in Europe and continued her training in the U.S.. She now teaches yoga to students of all ages, from Mommy & Me classes to Senior Chair Yoga.*

# Yoga

**... is good for you!**

## **BENEFITS OF YOGA**

- Helps alleviate stress, anxiety and fatigue
- Stimulates weight loss and control
- Improves concentration and memory
- Enhances sleep and relaxation
- Lowers blood pressure
- Improves flexibility and balance
- Lengthens and strengthens muscles
- Increases energy and well being

**ANYONE AT ANY AGE OR  
FITNESS LEVEL CAN DO YOGA!**

**Try a Class for FREE**  
**You'll love it!**

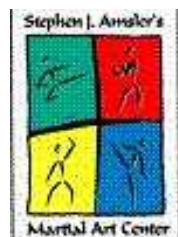
*Classes are held on*

*Monday's: 7:10-8:20pm*

*Tuesdays: 10:45.-11:55a.m.*

*Only \$55 per month*

**Call Now!**  
**(714) 964-6505**  
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**Stephen J. Amsler's  
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18595 Brookhurst St.  
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