



# YOGA

at

INTEGRITY



## Day and evening classes – call for class times

Yoga with instructor Rebecca Heynen! She has experience in Hatha Yoga, Kripalu Yoga and Sivananada Yoga!

**Only \$10 per class, or 10 classes for \$80**

LEVEL 1\*: Intro to yoga

Perfect for beginners of ALL ages. Focus on detailed instruction, basic alignment, building strength and flexibility.

LEVEL 2\*: Intermediate yoga

Emphasis on building endurance and exploring a wider range of postures.

\*Class levels are adjusted to participants' experience.

For more information please contact:

Rebecca Heynen, Instructor

rmheyne@yahoo.com

**616.794.9622**

**WALK-INS ARE ALWAYS WELCOME!  
OR CALL TODAY TO RESERVE A SPOT!**