

# Free Community Yoga

Tuesdays from 11:00 – 11:45am  
Beginning March 7<sup>th</sup>  
in the Joseph Floyd Manor Community Room



## Beginners Welcome!

Come see how yoga can help improve balance, reduce stress, stretch stiff muscles and make you feel better overall! The class can be done seated, and any resident is welcome to participate. Wear comfortable clothes. All supplies will be provided.

Instructor Ashley Bell of neighboring studio Reverb Charleston has been teaching yoga in Charleston for over 13 years and specializes in helping people feel comfortable when they are brand new to yoga or other exercise.

