

Aloha Wellness Center

239 Haili Street, Hilo

Compassionate Yoga Lifestyle Course

July 22nd - August 28th

6 week course: T/Th 5:30-7:00 p.m.

6 classes \$60 . 12 classes \$108 . \$12 drop-in

please pre-register

Brenda Flemming 808.283.2968

Certified Instruction in the Tradition of

BKS IYENGAR

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go to www.brendaflemming.com to learn more...