



## Yoga

Radiant Health for BODY, MIND & SPIRIT!



Feel the Body flow with the Breath. . .

<b>Center Yoga*</b> Hammond Library 850 Davis St. Hammond, WI Wednesdays 6:00-7:00pm	<b>Energy Yoga**</b> Hammond Library 850 Davis St. Hammond, WI Thursdays 5:30-6:45pm
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Cost: \$10 "drop-in" or

Punch Cards: 5 classes \$40 or 10 classes \$80

[www.earthandskyliving.com](http://www.earthandskyliving.com)

Tonya Schmitt 715-222-5100

\*Center Yoga--gentle and energizing

\*\*Energy Yoga--mindful, energizing & challenging

