

Using the breath as a guide, you will be led through several vinyasas (flows). This technique will strengthen core muscles as well as create openings throughout the entire body, promoting flexibility and an overall sense of well-being.

## YOGA



### About the Instructor:

Kim Rich is a certified power yoga instructor, registered Yoga Alliance teacher, state-certified secondary science and language arts teacher, 11-time marathon runner, and adventure enthusiast. Through her classes, she works to help each individual reach her or his highest potential. She believes that with a little hard work, open heart, and an open mind, anyone can Soar.

Drop In Rate ~ \$12.00

Multi Class Cards available

**CALL TODAY! 360.6069**

## Back to School Special

2 Weeks TaeKwonDo Classes  
Includes School Uniform

REGISTER NOW!

NEXT CLASS STARTS  
**AUGUST 18TH**











TODDLERS TAE KWON DO  
AGES 18 MTHS TO 3 YEARS

Call Now to Reserve a Spot!

## LADIES SELF – DEFENSE 2 WEEK COURSE

Walk with Confidence  
Improved Awareness  
Take Control

Space is Limited  
Call Now!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Toddlers TKD 9:15 - 9:45		Toddlers TKD 9:45 - 10:15		
	Inter/Adv Class 4:15 - 5:00		Inter/Adv Class 4:15 - 5:00	
Novice Class 5:00 - 5:30	Beg/Inter Class 5:00 - 5:30pm <small>(Yellow &amp; Green Stripe Belts)</small>	Novice Class 5:00 - 5:30	Beg/Inter Class 5:00 - 5:30pm <small>(Yellow &amp; Green Stripe Belts)</small>	YOGA  5:00 - 6:00pm <small>Starts August 3rd</small>
Kickfit 5:45 - 6:30pm	Beginners Class 5:45 - 6:15pm <small>(White &amp; Yellow Stripe Belts)</small>	Kickfit 5:45 - 6:30pm	Beginners Class 5:45 - 6:15pm <small>(White &amp; Yellow Stripe Belts)</small>	
Inter/Adv Class 6:30 - 7:25pm		Inter/Adv Class 6:30 - 7:25pm		Advanced Class 6:30 - 8:25pm

CHAEHOOKSUNG 'CHS' MARTIAL ARTS

Ph: 719.360.6069

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