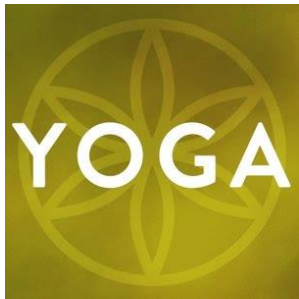


Yoga With Breda

Hills Village North Master Association Clubhouse

Breda Ryan-Blake, Certified Yoga Instructor, will be teaching YOGA at the HVNMA Clubhouse on Tuesday evenings at 6:00 pm and Wednesday mornings at 9:00 am.



Classes are 1 hour each and start on February 17, 2015. Just \$5 per class.
Open to all Adult Men & Women of Hills Village North



Have you ever wanted to try YOGA?
Now is your chance!
Learn breathing techniques, improve flexibility and balance
develop stronger muscles and better circulation.
Come learn the basics!

The fruits of yoga come with Patience and Care.

Call the HVNMA Office
To Sign Up
908-781-2333

Come watch a class to see if it's for you!

Visit www.HVNMA.com for more information and the registration information.

For questions about the class contact Breda at yogawithbreda@gmail.com