

FINALLY, YOGA FOR PLUS-SIZE IS COMING TO TOWN!

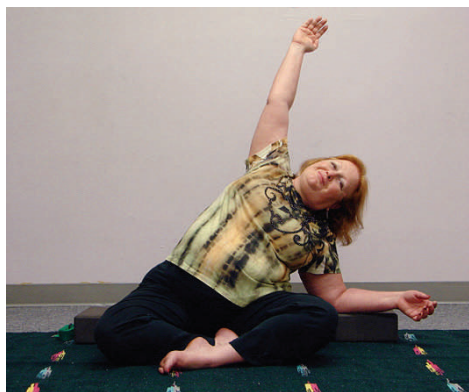
FREE Gentle Yoga for the Plus-Size Body

**Sunday, October 18 from
2:00 p.m.—3:30 p.m.**

Class will be held in North Scottsdale and the Hilton Garden Inn
8550 E. Princess Drive in Scottsdale, 85255 (just west of the 101 and Pima/Princess exit)

Are you a **Plus Size or Super Size** woman that wants to exercise or do yoga, but is afraid of traditional yoga classes? Are you injured or in chronic pain? Does the thought of walking into a gym or exercise class sound dreadful?

Come to this incredible experience where you will finally have the opportunity to take a yoga class in a safe and nurturing environment. Come experience a softer, safer, gentle and joyful form of yoga. Have a little fun and relax. This class is appropriate for people of all ages, shapes and sizes. Sign up today! **Limited space available. Reserve your space today!**



About the instructor: Lanita Varshell is the owner of A Gentle Way Yoga Center in San Diego. She is known for her unique GENTLE YOGA METHOD, Yoga Therapy work with the very stressed and chronic pain patients, teaching beginners, seniors, the plus and super-sized students Gentle Yoga and Chair Yoga. She has taught over 10,000 classes to the plus size population since 1995. She began teaching yoga after being diagnosed with Chronic Fatigue and Fibromyalgia. She has evolved from a very sick "couch potato," who could not work, to a very active teacher and studio owner. Lanita is living proof that the many benefits of yoga can be experienced by anyone, any size! For more information visit www.agentlewayyoga.com.



www.zenergyyoga.net 480.628.1453

Yoga for the Plus-Size  Participant Registration Form

Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

PLEASE MAIL OR FAX YOUR REGISTRATION TO ZENERGY YOGA:

16447 N. 91st Street, Suite 105  Scottsdale, Arizona 85260  P - 480.628.1453  F - 480.473.2379
 www.zenergyyoga.net  ali@zenergyyoga.net

Space is limited; register early. This class is appropriate for people of all ages, shapes and sizes.