

# Welcome to your yoga practice!

## Yoga improves your:

- Muscle tone, flexibility, strength, and stamina
- Concentration, creativity, and clarity
- Ability to get in touch with your true self
- Mental and emotional health

## Before your first class at Cascade Yoga Studio . . .

### email or call the studio's yoga advisor to:

- Assess injuries and overall health
- Choose your appropriate class level
- Learn more about private sessions

### know the studio's guidelines:

- Try to arrive 10 minutes before class
- It's best to practice yoga on an empty stomach
- Wear loose, comfortable clothing
- Yoga is practiced in bare feet
- Sticky mats are required; rentals \$1
- The studio is fragrance free
- Talk to your teacher before class

*Cascade Yoga Studio's mission offers the ancient, yet progressive, practice of yoga to challenge and nurture students on many levels.*

*May people of all faiths feel comfortable at Cascade Yoga Studio.*



### *Cascade Yoga Studio Offerings*

- Flexible class schedule
- Variety of yoga systems
- Competitive pricing
- Heart-centered instructors with Yoga Alliance Certification
- Supportive and connected community
- Dedicated to the inner journey of the self

*Manaste*

Please accept Cascade Yoga Studio's complimentary week of classes. This offer is good for NEW students to CYS and living in the greater Grand Rapids area.

Student's Name: \_\_\_\_\_

From: \_\_\_\_\_ To: \_\_\_\_\_

Receptionist: \_\_\_\_\_

*Be sure to bring this coupon with you when you come to Cascade Yoga Studio for your WEEK OF FREE UNLIMITED CLASSES.*

www.CascadeYogaStudio.com  
www.facebook.com/CascadeYogaStudio  
5060 Cascade Road | Grand Rapids  
616.464.1610

Student's Name: \_\_\_\_\_

*ONE WEEK OF FREE CLASSES!*

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