

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 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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