

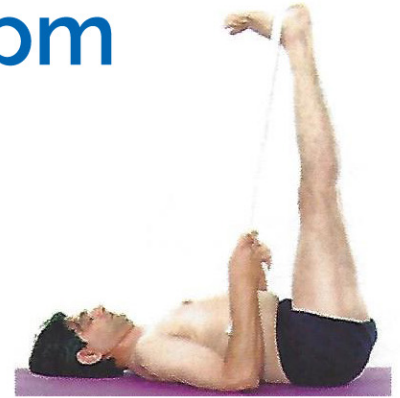
New Class Starts September 7, 2017

■ YOGA FOR MEN ■

Thursdays 5:30-7 pm

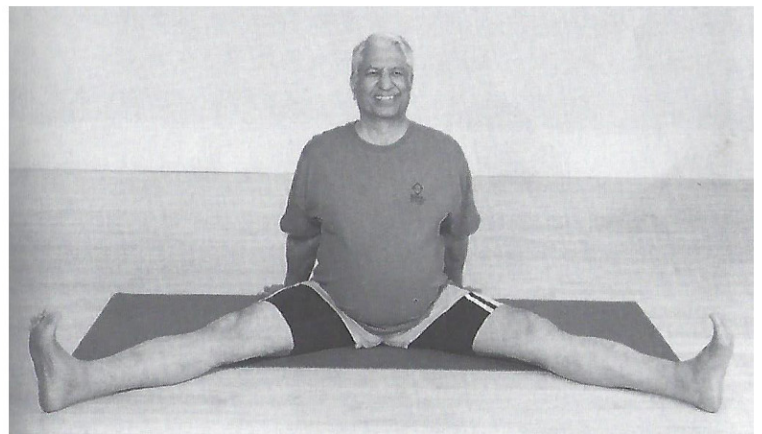


- Increase Flexibility
- Improve Fitness for Sports
- Reduce Injuries
- Enhance Prostate Health
- Train your Body and Mind



Taught By David Carpenter CIYT

David began yoga to improve his tennis and golf games and to address chronic low back, hip, knee, and shoulder injuries and stress. Yoga has transformed his stiff and battered body into a moderately flexible one and helped him deal with many ailments, including low-grade prostate cancer.



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