

# Yoga for Stiff People



Tuesday Evenings @ 7 pm

## No Place Like Om

45 Padanaram Road, Danbury, CT

Have you ever wondered if there is a way to . . .

- ♦ De-stress your life?
- ♦ Build strength and flexibility?
- ♦ Find more energy?



A regular yoga practice is the answer!

For More Information:

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