

PUBLIC SAFETY YOGA CLASS



FIRST RESPONDERS & SUPPORTERS WELCOME
EVERY 4TH WEDNESDAY
1010 W. GROVE AVE, MESA AZ | 5:30 PM - 6:30 PM



A GENTLE YOGA CLASS FOCUSING ON MOVING WITH THE
BREATH AND CREATING A MIND/BODY CONNECTION



BEGINNER FRIENDLY



LOWER BLOOD PRESSURE

IMPROVE FLEXIBILITY

LOWER STRESS HORMONES

PERFECT POSTURE

BUILD MUSCLE STRENGTH

INCREASE BLOOD FLOW

EASE MUSCLE TENSION

BOOST IMMUNITY

EASE CHRONIC PAIN

LOWER BLOOD SUGAR

