



**New Yoga Classes with Diana Wilson, eRYT  
starting Mid-September @ the Sambodh Center DIANA's**

Due to minimum class size required to begin

**Please Register in Advance to join the NEW CLASSES**

Contact Diana: (269) 758-3355; via email: [prasadyoga@aol.com](mailto:prasadyoga@aol.com)

**New! Monday Yoga**

**Diana Wilson, eRYT, Instructor**

**7-8:30 p.m.**

**For Active Beginners to Intermediate Students**

Enjoy this time-honored practice to strengthen and tone the body; learn breathing techniques to increase your energy and promote the healthy functioning of all of the systems of the body; learn practices to reduce stress and to calm and clear the mind. The clear mind reflects the bliss of the Self; our true nature. **\$10 per class**

**New! Family Yoga**

**Diana Wilson, eRYT, Instructor**

**Thursdays**

**3- 4:00 p.m.**

**For Parents and Children of All Ages**

Playful, upbeat and just plain fun. Enjoy health positive family time, help children develop a healthy body, mind and self esteem in a non competitive and light hearted way. Be ready to laugh and play. **Per class Fee per family \$15**

**New! Gentle Yoga with Diana Wilson, eRYT, Instructor**

**Fridays 5:00 -6:30 p.m.**

**Diana's Wednesday Evening Yoga Classes  
will continue to meet weekly from 6:00 – 7:30 p.m.**