



YOGA CLASSES



Yoga with Weights: Tuesdays 5:30-6:30 pm

Bring your own weights for this active practice that builds strong arms, core and glutes!

Beginner Yoga: Wednesdays 1:00 - 2:00 pm

A gentle practice for those who want deep relaxation and for those who are new to yoga

Cost: \$10.00 per class or 6-pack for \$50.00

CANINE KARMA

6128 Merger Dr. Holland, OH

"Where we create Calm, Content Canines AND Companions"

Call: 419-290-8237 to reserve your spot!