



Classes held at
**Scarlet Oaks
Career Technical Center**
3254 E. Kemper Road. Cincinnati, Oh
(Sharonville)

For Veterans and their Spouses

Classes focus on calming the mind, energizing the body
and infusing the spirit with peace

Classes held Thursday evenings starting September 6

6:30 to 7:30 p.m. for 10 weeks

Wear comfortable clothing, bring bottled water.

Pre-register at:

608-6209 or 741-7720 or 312-2214

(Please provide your name, phone# and email address.)

Yoga is a process and every day presents opportunity for practice.

It's not a quick fix, one time solution

All Levels-beginners, and those that are not sure about it, no experience required.

**FREE
CLASSES**

PARTNERS:

Goodtimers Foundation

Great Oaks CTC

and Cincinnati Veterans Hospital

SUPPORTING OUR TROOPS