

Relax and Let Go...

Deep Stretch-Yin Yoga

What is Deep Stretch/Yin?

Join Judy for a calming deep stretch practice emphasizing stillness opening up the mind and body. Beginner friendly!! Props provided!

What will this class be like?

This is a 4 - week yoga series in a self affirming & non judgmental environment appropriate for all shapes + sizes. Class size limited .

When do classes start?

Mondays, Feb 18- March 11- 5:30-6:25 pm

Where are classes held?

MDD, Nutrition Inc.

1315-Matthews Mint Hill Rd, Matthews 28105



“Harness your Inner
Yogi”

Instructor: Judy Fischer,
RD, LDN, CDE, RYT-200

Cost: \$25/ 4- weeks
(No refunds post (2/14/19)

(cash only)

Register In Advance
at the Front desk

“MDD Yoga”

More Info: 704-846-
7105

