

TUES
THUR
SUN
9 AM



Yoga Therapy
@ The
Castell General Store

YOGA THERAPY AT THE STORE

Tuesday Thursday Sunday
9am - 10:30am

Certified Yoga, Chakra, Meditation Instructor, Janice Jensen will be coming to the Castell General Store February, March, April, May, October, November, December. Drop ins welcome \$20 a class. Unlimited monthly pass \$99. February 2019 \$59. Yoga Therapy is a relaxing way to begin movement of your body. It is YOUR practice and your body, everyone is unique, we are open to all levels and really enjoy beginners with a positive curiosity. Square accepted for cards or cash. See you soon, we have a few mats or bring mat