



Join us for

YOGA with Karen East

Sessions will be held at **Bella Vista Training Center**
in the heated Annex Building.

730 Mt Airy Road, Lewisberry, PA 17339
www.bvtrainingcenter.com All BVTC Policies are in effect.

Tuesdays

1/29, 2/5, 2/12, 2/19, 2/26, 3/19, 3/26, 4/2, 4/16, 4/23, 4/30

Thursdays

1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 4/4, 4/11, 4/25

2:00 pm – 3:00 pm

Limit of 10 participants per session. \$10 per session when pre-registered.
Pre-registration closes 7 days prior to each session.

Drop-In spots (\$15) must be confirmed by email 24 hours prior to the session.

Please wear comfortable clothing and bring mat & water



KAREN EAST
717-343-1571
BALANCEDLIFETRAINER.COM

- PERSONAL TRAINING
- YOGA
- WORKSHOPS
- GROUP FITNESS
- HOLY FIRE REIKI

Yoga at BVTC: \$10 per session due 7 days before the session. Please mail checks to Steph at BVTC at 730 Mt. Airy Road, Lewisberry, PA 17339. Please send questions to steph@bvtrainingcenter.com

Name: _____ Phone: _____

Email: _____

Please list session(s) attending:

Amount Paid: