



Join us for

# YOGA with Karen East

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

730 Mt Airy Road, Lewisberry, PA 17339

[www.bvtrainingcenter.com](http://www.bvtrainingcenter.com)

All BVTC Policies are in effect.

## Tuesdays: 8:30 to 9:30 AM

January 7, 14, 21, & 28

February 4 & 18

March 3, 10, 17, 24, & 31

## Thursdays: 8:30 to 9:30 AM

January 9, 16, 23 & 30

February 6, 20 & 27

March 5, 12 & 19

These sessions will focus on helping individuals improve balance, develop a wider range of flexibility and increase muscle tone.

Limit of 20 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**  
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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](mailto:steph@bvtrainingcenter.com)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_