

ROCKVILLE LOCATION

Introducing YOGA at Shady Grove!

Yoga is used to maintain or gain muscle tone, balance, strength and an improved frame of mind. Yoga also benefits posture, decreases pain, and increases range of motion and flexibility.

Instructor: MargySmariga, CYT, RYT

Margy is an experienced yoga teacher whose specialty is adapting the practices of yoga to the unique conditions, needs and interests of the student. She is a graduate of Bagheera Yoga/Pruyoga's teacher training, the American Viniyoga Institute's advanced teacher training. She has also completed professional trainings in Yoga for Seniors and Yoga for Cancer. Margy is honored to share her love of yoga with others and to help individuals of all ages and abilities discover the many benefits that yoga can offer.

**Classes will be held 5 consecutive Mondays
beginning March (12, 19, 26) and April (2, 9)**

ARTHRITIS AND REHABILITATION THERAPY SERVICES

14955 Shady Grove Road

Suite 255

Rockville, MD 20850

6:00 p.m.

Registration is required.

**Please sign-up at the front desk to reserve your spot, or call
(301) 929-4125**

COST: \$85 for series of 5 classes.

Visit the Wellness Program at www.washingtonarthritis.com