

**Strength, Stretch & Stillness Yoga**  
**Weekly Hybrid Sessions**  
**Monday, May 6<sup>th</sup> – June 24<sup>th</sup> | 5:15-6:15 PM**  
**Weekly Video Content Available For 5 Days!**



**Do you find it hard to get in exercise after a busy weekday?**  
**Do you find you do not stretch enough?**

**Do you find it hard to slow your mind down after the day?**

**What will you experience during these classes?**  
**Strength, Stretch, Stillness will start** out with some strengthening moves, working several parts of the body using dumbbells and body weight.

**Next**, we will slow down and stretch our bodies to recoil from the day.

**Finally**, we will end the class with some time for stillness to calm our body and mind for the evening.

**Strength, Stretch, Stillness can provide you with all of that!**

**What do I need?**

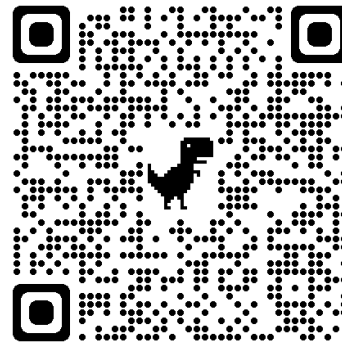
**Attending In-Studio:** Please bring your water, yoga mat, and needed class props. Wear comfortable clothing. Yoga mats and props are available to use at the studio.

**Attending Online:** You will need a smart phone device, iPad, Tablet or Computer with reliable internet access.



**Sherry Oakes, RYT-200 & Certified Asahi Instructor**

**Easy Ways to Register:** Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you'll be directed to the registration page.



**FEE:** Use your monthly membership, 4-class-pass, 8-class-pass or single drop-in pass!

**2 Steps to Register:**

First, purchase your preferred pass.  
Second, register on the 5 Koshas Punch Pass Class Schedule or Calendar.

**In-studio classes have LIMITED spacing available 20 spots total. Register Soon!**

**Can't make the weekly classes?** Register to receive access to the video content for 5 days!

**Questions?** Contact The 5 Koshas Team at [office@5koshasyoga.com](mailto:office@5koshasyoga.com)