



**YOU'RE INVITED: YOGA FOR LIFE. FREE CLASS.**  
*(beginner level class—no prior experience required)*



**Rosa Duffy, RN, Yoga Instructor**

**Owner, Della Terra Yoga**

Rosa's warm and calm demeanor will teach you how yoga can improve your life.

**Start 2022 off on a heathy note with a**  
*gentle yoga class*

- Learn how yoga strengthens and protects your body from stress, disease and inflammation
- Reduce anxiety through the healing power of breath
- Work on flexibility and balance
- Improve sleep; improve heart health
- Take a sneak peak at The Reserve, *under new management*, while you're here!

**JANUARY 12, 2022 | 2:00-3:00PM | THE RESERVE OF GENEVA**