

# YOGA



*So you've heard of all the benefits of Yoga:*

**Better Posture  
Stress Management  
Better Flexibility**

*We've got an intro hour on us!*

**We'll show you how easy it is to get started and  
treat you to an hour of yoga to kick off 2018!!**

**Thursday, Jan. 4 • 6:00-7:00pm**

**Instructor: Kelly Carroll  
FREE • Sign-up at the Front Desk**

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

