

Soul Balance Yoga

Breathe with Kim Blake

Inhale the future

Exhale the past



Hello Yogis,

Welcome to Soul Balance, your escape from the everyday. Everyone from the first time student to the experienced practitioner can practice yoga here and come away relaxed, refreshed and invigorated. Yoga is practiced mindfully here, so we listen to our bodies and modify poses accordingly. Everyone's body and level of fitness is different, and there is no judgement in yoga. I strive to make every student feel as though the class is entirely their own. I welcome your comments and feedback as we work together to make each class the very best part of your day. If you ever feel there is anything I can do to improve your experience at Soul Balance please let me know. I want you to enjoy class, relax and just breathe.

My goal is that you benefit from your yoga experience physically, mentally and spiritually.

Namaste,

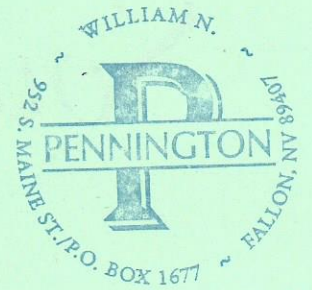
Kim

Contact: Kim Blake @ (775)300-9642(YOGA) or kimblake220@charter.net



Class Schedule

Starting October 15, 2019



William N. Pennington Life Center

952 S. Maine Street
Fallon, Nevada 89406

www.soulbalancewithkim.com

Classes Start Oct 15!

TUESDAY	WEDNESDAY	THURSDAY
		8:30 - POWER YOGA
2:30 - CHAIR YOGA	10:15 - GENTLE FLOW	
4:00 - FIT STRETCH	5:00 - SUNSET YOGA	4:00 - FIT STRETCH
5:30 - SUNSET YOGA		5:30 - SUNSET YOGA

William N. Pennington "Seniors" please see Instructor, Kim for your rates.

Rates

Unlimited Yoga \$50/mo.

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Drop in *First class free*	\$14
5 Class Pass*	\$60
10 Class Pass*	\$100
20 Class Pass*	\$150

*All Passes valid for 6 months from date of purchase

Private and Small Group Lessons Available

with