

Svaroopaa® Yoga Series with Michele Gordon

At Rehoboth Beach Yoga

20245 Bay Vista Road, Suite 101 • Rehoboth Beach, DE



Men Only Yoga Class

*Are you in pain or discomfort
after your workout, 5K,
or golf game?*

Learn how to release your spinal muscles to find immediate relief from these “tightening” activities with a simple series which will lengthen and soften the muscles surrounding your vertebrae.

Only \$35.00 for these initial classes.

*You must have clearance from a medical doctor
if currently under a physician's care.*

Rehoboth
Beach
Yoga

**Call for specific dates:
302-226-7646.**

 **Svaroopaa®
Yoga**