

Better Brain Yoga

Oct 4th - Nov 8th
10AM - 11AM

6 week
series

\$40 members

\$50 Non-members

Progressive series designed to harness the power of yoga in healing & enhancing the mind-body connection.



810 Fairgrove Church Rd
Hickory, NC 28602

WELLNESS CLASSROOM

Chair and mat yoga are combined with special attention to minimize outside stressors such as harsh lighting, loud music, or complicated instructions.



Perfect for anyone with:

- Traumatic Brain Injury
- Migraines
- Parkinson's Disease
- Stroke
- Anxiety Disorder
- Stress
- Yoga Beginner

Instructor: **Cynthia Haas** RYT, Love Your Brain Certified