



## Lotus Eastern Yoga

Truly a class for everybody! This class is appropriate for all abilities with any experience.

Lotus Eastern Yoga is a calm and gentle exercise combined with music. It is based on a series of 108 artistic movements designed to develop flexibility and strength.

This program is originally the result of twenty-five years of development by Oriental Masters Hae Won and Kang Rhee. It uniquely combines Yoga from India, TaiChi from China and Hang Sun from Korea.

Tuesday: **6:30pm**  
Saturdays: **8:00am**

Schedule an appointment today to hear more about the Yoga classes and to create a success plan to achieve your goals.

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