

Presence Yoga



Simply Be

Yoga is a science for living.

It involves consciously joining movement with breath to understand the body, mind, and spirit.

“Yoga” translates to mean union, yoking with/to, oneness. Some of the benefits of yoga include reduced stress/tension in the body and mind, increased ability to focus and concentrate as well as enhanced sense of clarity and will.

Yoga is truly for every body.

**Hatha yoga classes available
for all ages and levels of flexibility**

**Small class sizes, individual attention,
intimate & friendly atmosphere**

**YogaKids® • Yoga Nidra
Guided Meditation • Life Guidance
Spiritual Direction • More!**

3450 W Central Avenue

419-376-6300

www.presenceyogaltd.com

Email nicole@presenceyogaltd.com

Ongoing Yoga Classes

Wednesdays

5:30-6:45 PM Yoga Foundations

7:00-8:30 PM Slow Flow Yoga

Thursdays

9:00-10:15 AM Yoga Foundations

Fridays

11:30 AM - 12:20 PM Lunchtime Yoga

12:30-1:20 PM Lunchtime Yoga

Saturdays

9:00-10:30 AM Slow Flow Yoga

11:00 AM - 12:15 PM Yoga Foundations

For our complete class schedule phone or
check the web at www.presenceyogaltd.com

Pricing

All prices include sales tax

Standard Rates

5 Class Pass - \$55

10 Class Pass - \$100

Drop-in rate - \$12/class

Students & Seniors

5 Class Pass - \$45

10 Class Pass - \$80

Drop-in rate - \$10/class

"Yoga is a gift that creates more opportunity
for growth and compassion."

~Nicole Losie-Rife, MOL, RYT 200, YKA