

STARTS APRIL 2ND!

COP HOUSE **YOGA**



with Rhonda

FREE!
EVERY THURSDAY
STARTS AT 12 PM

Benefits of practicing yoga

- Improve balance
- Build strength
- Increase blood flow
- Boost mobility and flexibility
- Reduce anxiety and stress
- Promote better sleep

SALEM COP HOUSE
90 RIVERSIDE DR SE

No experience necessary!

Come as you are and participate at a pace that feels comfortable for you. This is a supportive space to move, stretch, and unwind.

We'd love to have you join us!

