

# Yoga



## **Solutions for More Joy & Less Stress**

Saturday, November 21

1—4 pm

**Seminar on Restorative Breathing,  
Releasing Tension in the Neck, Shoulders & Back,  
Gentle Movement & an Integrative Pace  
For Maximum Rejuvenation**



Immune System Enhancing . Strengthening . Cleansing .  
Relaxing . Healthy . Fun . Energizing

**Where: Club Rehab in Kealahou  
79-7422 Mamalahou Hwy.**

Fee: \$30

**Sponsored by Kona Coast Wellness**

**[www.maryamann.com](http://www.maryamann.com)**

**808-345-0050**

