

**MUST REGISTER IN ADVANCE**

# Free Introduction/Seminar to YOGA

(Goose Creek Activity Center)  
Saturday, April 17th  
10-11:30am

Ever find yourself stressed out and feel like you can't catch a break?

Yoga may just be the solution for at least some of your problems!

Participating in yoga reduces the physical effects of stress on the body. Health benefits of yoga include lowering your heart rate and blood pressure, improving your digestion, and easing the symptoms of conditions such as depression, anxiety, and insomnia.

Practicing yoga can improve your mood and overall quality of life.

*Your instructor, Debra Lee Baugh began leading Water Aerobics classes in 1989.*

*Her interest in yoga began in 1996 during a vacation to Jamaica. Immediately, she began a journey which included many hours of study and hosting free community classes which was a requirement of her YogaFit Certification.*

*She began teaching fitness classes for the Goose Creek Community Center in 1999.*

*Her Yoga class is for all levels of fitness.*



For more information contact [debraleebaugh@gmail.com](mailto:debraleebaugh@gmail.com)