

Yoga Plus



***Army Health
Promotion & GRIT
present:
Yoga for those
who would like a
slightly greater
challenge***



- **Patterned after the popular P90X Yoga program**
- **45 minute to 1 hour sessions**
- **Warm Up! Energize!**
- **Increase flexibility and blood flow**
- **Encourage and improve full range of movement**
- **Improve Breathing, Relaxation and Mindfulness**

For More Information:

Call 210.916.8824

OR

210.916.7646

**TUESDAYS: 1200 to 1300 @
BAMC CoTo TN-122 (Peds GME Conf Rm)**

&

**FRIDAYS: 0615 to 0715 @
Jimmy Brought Fitness Center— FSH**

