

# Yoga Plus



*Army Health  
Promotion  
presents:  
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:**  
210.916.8824  
OR  
210.916.7646

**TUE & FRI:** 1200 to 1300 @  
BAMC CoTo TN-122 (Peds GME Conf Rm)  
&  
**FRIDAYS:** 0615 to 0715 @  
Jimmy Brought Fitness Center— FSH

