

Training Solutions Dhandi/Longhi Yoga

Whether because of life's daily hassles, a health problem you're facing or an entire lifestyle change or way of life, yoga can help. Teaching the art of breathing, meditation and posing right here at Training Solutions.

With its quiet, precise movements, yoga draws your focus away from your busy, chaotic day and toward calm as you move your body through poses that require balance and concentration.

6 week sessions, beginning the first week in January!

Two Days Per Week - Tuesday/Thursday
Beginning January 8th, 7 - 8 a.m.
Training Solutions
203 W. Wisconsin Avenue, Pewaukee

One Day Per Week - Wednesdays
Beginning January 9th, 5:30 - 6:30 p.m.
Training Solutions
203 W. Wisconsin Avenue, Pewaukee



**Class Fee: \$90 for once weekly class,
\$180 for twice weekly**

Register online at
www.trainingsolutionswi.com