



Gentle Yoga for Summer!

Kripalu-style yoga on a chair, or a mat, indoor or outdoor, based on the weather. Stress-reducing, strengthening.

Mondays, Wednesdays and Fridays at 10 am

## Healthy Body Fit Mind

85 E Street, South Portland  
Mill Creek area, across from McDonald's  
Above the Chiropractic Healing Arts Center

\$79 summer pass includes 21 one-hour classes  
on these dates:

June 22, 24, 26  
July 6, 8, 10, 13, 15, 17, 20, 22, 24  
August 3, 5, 7, 10, 12, 14, 17, 19, 21

First class is free! Call for availability 767-4499

[www.healthybodyfitmind.com](http://www.healthybodyfitmind.com)