

# Laugh and Breathe Yoga



**Tuesday and Thursdays**

**9:00 am – 10:00 am**

**Generator Society Hall of the Bald Head Association**

These classes are designed for all skill levels to enjoy. Participants will breathe and flow while moving through postures.

Modifications will be offered to allow you to feel comfortable no matter where you are in your yoga practice.

*Come join us for this fun class,  
as we laugh, breathe and stretch!*

Feel free to call us at 404-426-7515

The BHA is located next to the Chapel and Old Baldy.

Cost is \$16 (mat rental available) – cash or check preferred

Private Sessions are available.



*Sponsored by:*

**BHA's Communication, Education  
and Recreation (CER) Committee**

910-457-4676 • [www.bhineews.com](http://www.bhineews.com)

111 Lighthouse Wynd, Bald Head Island