

YOGA for FITNESS



Every Wednesday
12-1 pm
Coyote Elementary
School



**A FREE service of
El Centro Family Health**

Benefits of yoga:

- * strength
- * flexibility
- * stress relief
- * balance
- * over-all fitness

~ All Levels Welcome! ~



Call Tana for more info:
(505) 929-2073



El Centro Family Health
Coyote Clinic - State Road 96 # 3396
Coyote, NM 87012 - (575) 638-5487