



RESHAPE YOUR BODY, MIND & SPIRIT

Classes at Sumits Yoga flow to music through a sequence of both balancing and energizing poses in a heated practice environment. Sumit stresses that the greatest benefit comes not as much from the healing of the body, but from the healing of the mind.

INTRODUCTORY OFFER
2 Weeks for \$20
New Students Only

SUMITSYOGA.COM

SEE WEBSITE FOR A LOCATION CLOSE TO YOU.