

# FREE YOGA CLASSES

*For Active & Retired  
Military & Family*



## **TUESDAY**

Mindful Movement  
Chair Yoga  
11:00 am - 12:00 pm

## **THURSDAY**

Mindful Movement  
Chair Yoga  
11:00 am - 12:00 pm

## **FRIDAY**

Therapeutic Yoga  
Mat Class  
9:15 - 10:30 am

Join Us Today!

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

143 Skateway Drive, Fayetteville, NC 28304 / 910-864-6257

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