

The Art of Wellness Begins!



Rhonda Rashbaum
Certified in
Yoga Therapy,
Yoga Ball & Body Flow,
Tai Chi, and
Body Combat
for Martial Arts



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MY YOGA will change the way you feel forever. You will stand straighter and feel stronger. You will gain flexibility and become more physically and mentally aware. Rhonda's holistic approach to combining traditional Eastern disciplines of Yoga and Tai Chi, Pilates, and Feldenkrais helps participants to function better and longer.

Beginning August 2nd for 10 weeks: **MY YOGA**

A combination of Yoga, Tai Chi, Pilates and Feldenkrais
Mondays at 5:45pm • Wednesdays at 9am
At the Sidney & Berne Davis Art Center

2301 First Street in Downtown Fort Myers

Personal Investment: Membership package includes 10 classes to be used within 10 weeks. You will have 20 classes to choose from. \$100 members of SBDAC; \$120 non-members; \$15 individual class

Sponsored by:



Presented By:
Sidney & Berne
Davis Art Center
2301 First Street
Downtown Fort Myers
239.333.1933
sbdac.com

Sponsored By:
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