

*No Stress Allowed Yoga  
at the  
Inn on Onset Bay*

*Experience a sense  
of renewed energy as we flow  
through a series of active poses,  
building  
heat to relieve stress and  
cooling  
down with a tranquil period of  
meditation.*

*These Yoga classes are for "every body"*

**JUNE CLASSES**

Monday Morning TIME CHANGE NOW a lovely early morning  
class at 6:45 am

Thursday Night at 6:00 pm

Pre-registration is \$40.00 for four classes and can be used for any  
four classes in June

Walk-in \$13.00

Watch for a new early FREE half hour morning class on the beach,

Please wear loose comfortable clothing,  
bring a mat and water  
and eat lightly before class.

To Register contact Cheryl  
[nostressallowedyoga@yahoo.com](mailto:nostressallowedyoga@yahoo.com)  
or call 508-295-1126