



Ceci's  
Yoga

*Meeting you where you are*

**Reduce Stress**  
**Create Balance**  
**Maintain Health**

Learn to take yoga 'Off the  
Mat'

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## Offering

Beginner Friendly  
Environment  
Weekly class  
Yoga Parties  
Self-Care Workshops  
Chair Yoga  
Couples Yoga  
Restorative Yoga