

TWINSBURG COUNCIL PTA PRESENTS

# SPRING INTO ZEN

TRY A FREE YOGA CLASS THIS SPRING WITH A  
CERTIFIED YOGA INSTRUCTOR  
LEARN DEEP BREATHING TECHNIQUES TO CHANNEL  
YOU INNER ZEN



MARCH 21ST | 5:00-6:00 PM | THS GYM

All ages and levels are welcome!  
Bring a yoga matt and water bottle

[tcsdcouncilpta@gmail.com](mailto:tcsdcouncilpta@gmail.com)