



**PICK-UR-YOGA BRINGS GENTLE YOGA TO  
NORTHLAND BEHAVIORAL HEALTH &  
WELLNESS ON FRIDAYS AT 12 p.m.**

PREPARE TO GAIN A NEW AWARENESS OF YOUR  
MIND, BODY AND SPIRIT IN THIS BALANCED APPROACH  
TO YOGA

ALL LEVELS ARE WELCOME

Space is Limited so reserve your spot with Shelly at  
NBH&W. Call 816.420.8419. This class is being offered for  
a suggested donation of \$5.00.

[WWW.PICKURYOGA.COM](http://WWW.PICKURYOGA.COM)

