

# YOGA ANYONE?



## ***Come Join the EWGA Southern-Maryland Chapter As We Prepare Our Bodies For The 2012 Golf Season***

- Where:** Spiritual Essence Yoga  
13100 Brooke Lane, Upper Marlboro, Maryland (301-574-3569)
- When:** Friday, March 2, 2012 - 7 p.m. – 8:00 p.m.
- What:** One Hour Yoga Session, followed by a wine and chocolate social
- Why:** Get Those Bodies Ready for Golf
- How:** Yoga Body Conditioning Geared for Golfers (private instruction with music and props for EWGA members)

***Cost: \$20.00 per person***

***(Can pay on-site at time of session)***

**Space is Limited, RSVP with Carlene Reid:**

**[carlene\\_reid@yahoo.com](mailto:carlene_reid@yahoo.com) or (301) 642-9051 by 2/29/2012**

**Yes, I will participate: \_\_\_\_\_**  
**Do you have any physical limitations (i.e. back, knee, shoulder problems, etc.)? If so, please list them.**

