



Wellness Program

Yoga Classes for Adults

FREE!



At HAO we welcome you to celebrate life with us through movement, breathing, postures, silence, self-awareness, and meditation.

Yoga classes are an opportunity to practice different postures that will lead you to tone up, detox, balance, relax, and stretch your body. Classes are offered to all levels while you go on your own pace at ease. Come join us to help you achieve a healthier lifestyle and inner peace!

Where: HAO - 462 W. Walnut St. 2^o
Piso, Allentown, PA 18102

When: Starting Septiembre 2017

Convenient morning schedules

For more information please call 610-351-2292 and ask for:

- Sandy Leiva. Ext 2015 or
- Jade Carrion. Ext 2017

Benefits of Yoga:

- Weight Loss
- Muscle Tone-up
- Flexibility
- Fixes posture
- Boosts circulatory system
- Resistance
- Energy



Helping Our Community
Ayudando a Nuestra Comunidad