



# Triad Wellness® YOGA

Gentle, Restorative, Balancing  
with Genevieve Kohn

**Tuesday Mornings 10:00 - 11:00 AM**  
**April 6 - June 1, 2010**

**Try the first class FREE! Tuesday, April 6th**

Price: \$96 for 8 Sessions April 13th - June 1st

Drop-in rate: \$15

To register please contact: Yoga at the Ashram  
(508) 376-4525

This form of yoga involves **easy-to-do postures that can be modified to the individual's comfort level**. One does not have to be a yoga expert or an athlete... **Triad Wellness® yoga is for the rest of us.**

Although Triad Wellness® yoga is a way to help clients maintain their level of self-care between sessions with Genevieve, it can be practiced with great results even if one has never been to see her before.

**The result is a feeling of more energy and less stress so you can return to your life refreshed and more peaceful. It is a great way to exercise, revitalize and have fun.**

Please dress in loose, comfy clothing and bring a water bottle.

Genevieve also has a private practice that includes polarity, reiki, and life/wellness coaching.  
Her website is <http://triadwellness.net>.

**Yoga at the Ashram**  
368 Village Street, Millis, MA 02054