



# Yoga

**Basic Class Monday Evenings  
7:00 p.m. – 8:15 p.m.**

\$78.00/6 week session  
\$72.00/6 week session for Teens and Seniors  
\$15.00 Drop In  
\$12.00 Drop in for Teens and Seniors

**16 Ferry Street, S. Grafton, MA**

**[www.defensewisemartialarts.com](http://www.defensewisemartialarts.com)**



**With Certified Yoga Instructor  
Donna Onacki**

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## **\*Benefits of a Regular Yoga Practice\***

**Increased flexibility and joint range of motion**

**Massages all organs of the body**

**Improves sleep, balance, and posture**

**Helps normalize the endocrine system**

**Decreases respiratory rate and blood pressure**

**Improves mood, concentration, and well-being**

**Decreases stress**