



YOGA

CONSCIOUS LIVING ARTS

Did you know, yoga can help you:

sleep better – tone muscles – relieve stress – boost your energy – balance your moods – connect with others – feel younger, healthier and more vibrant!

Sample it - FREE!

FREE Sample Classes are typically offered at the beginning of each six or eight-week yoga session. These sessions coincide with the seasons and sample classes are usually scheduled for late September, early January, late March, and early June. Please contact Cindi at **CONSCIOUS LIVING ARTS** at consciouslivingarts@hotmail.com or 715-268-2860.

Take classes with **Certified Kripalu Yoga Instructors:**

Cindi Buenzli Gertz has been sensitively guiding students of all ages and abilities to greater self-awareness and physical health through yoga since 2000. Her mission being to spread peace and create mindfulness, she helps students experience greater flexibility, improved strength, better balance and peace of mind – on and off the mat. She teaches yoga as a journey of self-discovery.

Jane F. Meinz received her certification from Kripalu Center for Yoga & Health in the winter of 2010. Drawing from 20 years of experience as a therapist, Jane skillfully teaches individuals how to consciously and proactively show up in their life. She provides a safe, non-judgmental and inspiring space for students to explore who they really are, build self confidence, and trust their inner wisdom.

spreading peace. creating mindfulness.