

# FREE YOGA CLASSES!!!

*Every Tuesday and Thursday  
from 10:00 – 11:30 AM, there  
will be FREE YOGA &  
MEDITATION CLASSES at  
the Wheeler Community Center.*

~ Please bring your own yoga  
mat and any props that you like  
to use in your practice (blocks,  
straps, or bolsters).

~ The yoga classes are for all  
levels – from beginner, to  
intermediate, to advanced.

~ Classes will be taught by  
Beverly Tate, a *Yoga Alliance*  
certified yoga instructor.



*Performing yoga postures – asana –  
improves strength and flexibility.*



*Meditation improves your ability to  
focus & to handle situations in life*

**FOR MORE INFORMATION  
CONTACT:**

***Wheeler Community Center:***

100 Wright Avenue  
(behind the Wheeler Chapel)  
Wheeler Army Airfield  
Wahiawa, HI 96786

Phone: 808-275-3790

For more information about yoga, go to  
<http://yogaalliance.org/content/reasons-try-yoga>

BEVERLY TATE CAN ALSO BE CONTACTED  
DIRECTLY ON HER CELL PHONE: 808-778-8696