

# Yoga for Runners

Two special pre-race classes by  
Dennis & Kathy Lang  
Certified Vinyasa Flow Yoga Instructors

Saturday, February 16th  
1 – 2pm or 3-4pm  
The Cobalt Moon Center  
217 1<sup>st</sup> Street, Neptune Beach



Join us for a Yoga class designed for runners focusing on stretching, breathing and relaxation techniques for better race performance

FREE, no charge, no reservations required  
For info and directions: 904-571-3154  
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