



Blissful Body Yoga
discover your bliss!

Blissful Body Yoga

is a conscious practice of physical yoga postures, breathing exercises and relaxation techniques for integrating body, mind and spirit.

Owner/Instructor **Teal Marie Fyrberg, RYT**, has been teaching yoga since 1998 to students all over the world and loves it more everyday!

www.blissfulbodyyoga.com
info@blissfulbodyyoga.com • 704. 837.7278

Go to www.blissfulbodyyoga.com for detailed information on class formats, fees, and to pay for classes and packages in advance.
 Download classes and guided meditations to play on your ipod or mp3 player!
 Shop for yoga clothing and props.

10% discounts for teachers, law enforcement and military personnel.

Located at:

Karate Evolution, 3270-B Robinwood Road, Gastonia, NC 28054

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9-10 :15am Vinyasa Yoga 10:30-11am Mommy & Me Yoga		9-10 :15am Vinyasa Yoga			
7:30-8:45pm Deep Stretch Yoga		7:30-8:45pm Gentle Yoga				

Sign up for our newsletter so you'll know about special offers, workshops and schedule changes.



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