



## Benefits of Yoga

- Increased flexibility
- Increased overall happiness
- Increased strength in both small and large muscle groups
- Increased confidence
- Overall wellbeing
- Whole body workout
- Helps with sleep issues
- Reduces stress
- Reduced aches and pains

## The Yoga Connection

### About Us

The Yoga Connection is a small Yoga studio owned and operated by Sally Goodman June. Sally is a registered Yoga Instructor with the Yoga Alliance and is passionate about the benefits of Yoga for people of all ages. The Yoga Connection offers small group classes, private, and semi-private classes. Call to book your spot in a class today.

### Contact Us

Phone: (951) 415-6903

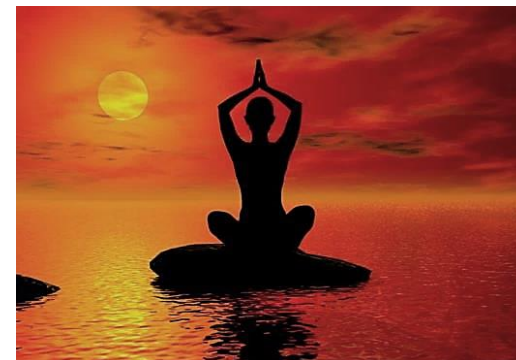
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### THE YOGA CONNECTION

218 E. Sixth Street  
Beaumont, CA 92223



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## Owner/Instructor

### Sally Goodman June

As a teacher I want to help people become mindful of their bodies and realize the benefits of including regular Yoga practice in your life.

Yoga is a journey, and that journey is different for every person. Yoga teaches you to honor your body and become more aware and mindful of how your body moves, and how your mind and breathing can affect your body both positively and negatively.

I want to give every student that walks through my door skills that they can use in their daily lives to make their lives more enjoyable.

Yoga really is for every *body*.

## Pricing

Yoga for every *body*. Three options to fit your busy lifestyle:

- **Scheduled Classes: \$10**  
Class sizes are limited to 8 people. Please call ahead to reserve a spot. Walk-ins are available, space permitting.
- **Private Instruction: \$45/session**  
Great way to get an individualized workout, work on correct alignment, or have an introduction to Yoga. Call to schedule an appointment today.
- **Small Group Class: \$15/person**  
Can't find a class at a time that fits in your schedule? The Yoga Connection offers customized classes around your schedule! Get a group of 2-4 friends to take a private class together. Call to schedule your class today.



## About the Studio

- ❖ Small classes allow the instructor to give personal attention to each student.
- ❖ Friendly, relaxing environment
- ❖ Three ways to attend a class: scheduled group class, private class, small group class at a time that fits your schedule.

