

# Stacie Nardizzi

RYT, C-RYT, Yoga Alliance

Starting Monday, January 8, 2018

Weekly class on Monday evenings  
7:15 - 8:20 pm

6-week session: \$90 (\$15 per class)

Drop-ins welcome (\$20 per class)

Coastal JKD & Boxing Club  
285 Washington St., Marblehead  
*2nd Floor Studio*



Iyengar Inspired Yoga  
Small Group Practice

All Levels: Beginner to Practitioner

Emphasis on precision,  
alignment and  
self-empowerment

Stability, strength, balance and  
agility in your poses

# EveryBody Yoga

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