



Yoga Classes

Available at Norcross Community and Art Center

Next to the Lillian Webb park

Monday 6:30-7:45 PM

Wednesday 6:30-7:45 PM

The beauty of yoga is that it is truly for every body - no matter what the shape or size. With consistency of practice, you can overcome physical limitations and move toward self-awareness which is the anchor of all healing. The practice is also irrespective of age.

**To register, or more information, please contact Susanna Kilby at
404-992-2951**

or by e-mail at sunandmoonyoga60@gmail.com

Private, prenatal class and gift certificate available.

Susanna has obtained her teacher certificate in the International Sivananda Yoga Vedanta Center, Grass Valley, California in Hatha-yoga which she is currently teaches. She is a registered teacher by Yoga Alliance.
