



Feeling isolated, anxious, or a sense of dis-ease? Yoga can be an effective therapeutic tool in the prevention and treatment of anxiety, depression and more! Join us for some tools that will leave you feeling grounded, centered and at ease.

Bring a yoga mat, your mask (or face covering), water, paper and pencil with you!

Call or stop in to any Wilson's location to save your spot!

THURSDAY, SEPTEMBER 17TH 6:30-8:00PM

\$20 MEMBERS | \$30 NON-MEMBERS

INSTRUCTOR: CATINA TOPASH



Catina is a E-500 RYT, YogaFit Master Trainer, a Yoga Alliance Continuing Education Provider, Yoga Therapy Candidate and specializes in trauma, chronic pain, nervous system disorders, back pain, pre/post natal, injury prevention and recovery, positive psychology, and yoga for seniors. In addition, Catina holds over 25 additional certifications including, American Council on Exercise (ACE) Personal Trainer, and DK Body Pilates.

WILSON'S FITNESS ON RANGELINE | 2601 Rangeline St. | WILSONSFITNESS.COM

Questions? Contact ctopash@wilsonsfitness.com 573-443-4242