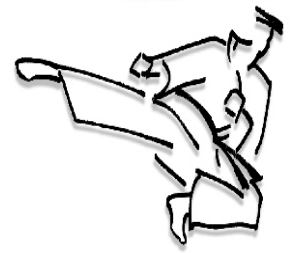




# Karate Do, LLC

## Yoga with Kyoko



Everyone benefits from practicing yoga regardless of age, level of flexibility, and body type, size or shape. This is particularly true with Kali Ray TriYoga based on science of ancient yoga. It helps students systematically develop flexibility, strength and endurance with breath control as they gain the knowledge of postures and flow. Practicing yoga actually brings you many more benefits than just increasing flexibility.

- ◇ **Reduced** stress
- ◇ **Increased** breathing capacity
- ◇ **Boosted** immune system
- ◇ **Increased** energy level
- ◇ **Enhanced** concentration

### Instructor

Kyoko Loverin has practiced yoga on and off for a good portion of her life, but seriously for the last five years on the recommendation of her neurologist. Yoga has helped Koyko with her migraine and fibromyalgia-like symptoms.

Kyoko has now completed TriYoga Basics and Level 1 teacher training at the TriYoga Center in Waltham where she has been teaching classes.

Kyoko can be contacted by email, [info@yogawithkyoko.com](mailto:info@yogawithkyoko.com), or by telephone, 978-266-1052. She also has a website: [www.yogawithkyoko.com](http://www.yogawithkyoko.com).

### Current Schedule and Fees

Since January 7, 2008, there have been two classes offered right here at Karate Do, LLC (formerly the Stow Martial Arts Center)! More classes will be added when demand dictates.

Tuesdays 10:45 AM to 12:15 PM  
Thursdays 6:30 AM to 7:45 AM

\$100 for an eight-class pass (good for 12 weeks)  
\$15 for drop-in

