

## **The Casements Yoga**

**Rates as of January 1,2022**

Tuesday & Thursday

9:00am-10:00am

Wednesday

Bailey Riverbridge House

6:00pm-7:00pm

Text me at 937-545-5929 to reserve your space

\$12.00 Drop in

\$50.00 5 class card 2 months to use

\$90.00 10 class card 4 months to use



After studying under the owner and teacher of Lotus Yoga and Fitness, Debbie Yarbrough, Leigh received her 200-hours of teacher training in 2019. Continuing her education in 2020, she studied under the owner and teacher of Yoga Bala and received her 300-hours. Leigh's specialty training is in Restorative and Yin Yoga with over 60 hours completed.