

**NEW ZOOM  
STARTS CLASS  
SUN., FEB. 7**

# Prop Up Your **POWER**



**Weekly  
class begins  
Sunday, Feb. 7  
at 9:30 a.m.**

**Uses a variety  
of props  
to strengthen  
your body!**

**Different focus  
each week**

A Hatha-style yoga class that uses props to build core strength throughout your entire body! This creative use of props is a surprisingly powerful way to gain strength, increase flexibility, and deepen your yoga practice.

Class explores a different focus on the body each week – hips, back, core, glutes, shoulders, and more!

*Accessible to all fitness levels • Visit website for details*



**Yoga**  
**IN COMMON**

The Market Common  
3062 DeVile Street, Myrtle Beach, SC  
yogaincommon.com  
(843) 839-9636

# Prop Up Your POWER

**NEW ZOOM  
STARTS CLASS  
SUN., FEB. 7**



**Weekly  
class begins  
Sunday, Feb. 7  
at 9:30 a.m.**

**Uses a variety  
of props  
to strengthen  
your body!**

**Different focus  
each week**

A Hatha-style yoga class that uses props to build core strength throughout your entire body! This creative use of props is a surprisingly powerful way to gain strength, increase flexibility, and deepen your yoga practice.

Class explores a different focus on the body each week – hips, back, core, glutes, shoulders, and more!

*Accessible to all fitness levels  
For details visit [yogaincommon.com](http://yogaincommon.com)*



**Maura Utley  
eRYT 500  
Y.A.C.E.P.**



**Yoga**  
**IN COMMON**