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Mark

The greatest gifts can only be shared. . . peace, tranquility and health. Greetings and wellness to you. I'm Mark Collins and for three years I have been training with a true yoga master in the ancient healing art of Yoga. It has helped me to find my way back to health, peace and joy! My greatest wish is to share that journey with **you**. Join me @ Studio Jear for a session of Yoga that will leave you peaceful, centered and relaxed.

My classes stress the connection of mind, body and spirit. My classes are gentle and appropriate for all levels. They provide poses that will strengthen the body as well as enable it to become more flexible. I consider myself a "people person" and pride myself with offering classes that are relaxed, nurturing and geared to individual needs.

- WEDNESDAY EVENINGS – 7:45PM – 8:30PM
- SATURDAY MORNINGS @ 8:00AM!

START YOUR DAY WITH RELAXATION AND PEACE!

Check Studio Jear monthly class calendar on the below website to see which weeks Mark is teaching @ Studio Jear

www.zumbajear.com