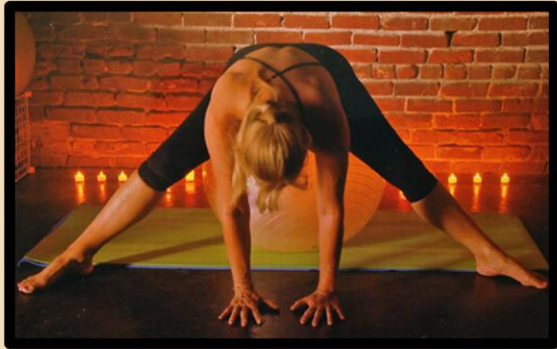




# Restoration

# Yoga Etc...

## With Lilly Hart



©2013 Photo By Carlton Smith

### At Ruby Slipper

PERFORMING ARTS ACADEMY

113 S Willis St Visalia, CA

(559) 732-7463

Lilly Hart is a Certified Yoga, Fitness, and Dance Instructor with more than 25 years of teaching experience. Lilly integrates Yoga with Pilates, (and other Fitness Models "Etc.."), which creates a highly motivating and varied class - every time! Lilly leads the class through the moves in an easy, relaxed, candlelit environment. Beautiful music surrounds you while you move at the pace that is right for you. Bring a friend and have fun! For men and women alike!

**Mats and Props Available**

**Wear Comfy Clothing**

See You...



**Flexibility** **Energy** **Pain Relief**  
**Renew**  
**Restore** **Refresh**  
**Rejuvenate**  
**Stamina** **Balance**  
**Recover** **Strength**  
**STRONG Mind/Body**  
**Relax**



## Wednesdays at 7:00 PM

**Lilly Hart**  
Personal Trainer  
Yoga, Dance, Pilates, Fitness, BalletFit  
(559) 589-4143  
[www.lillyhart.com](http://www.lillyhart.com)