



YOGA FLOW WITH ELANA KAHAN

NOURISH YOURSELF IN BODY, MIND & SOUL

ת"ד

Located in Ramah Alef

Sunday

9:00-10:00 am
All-Levels*
Stretch & Strength



8:15-9:30 pm
All-Levels*
Stretch & Strength

Monday

8:45-10:00 am
Intermediate
Vinyasa Flow



Wednesday



8:15-9:30 pm
All-Levels*
Stretch & Strength

Thursday

8:45-10:00 am
Beg/Intermediate
Vinyasa Flow



*(All-Levels classes are
beginner & pre-natal friendly)

BREATHE

STRENGTHEN

STRETCH

RELAX

SMALL GROUP CLASSES - INDIVIDUALISED ATTENTION

50 NIS/Class
10 class card/450 NIS
1st Trial class/25 NIS



To register/for more info
WhatsApp Elana
at 0542958626