

thorbeckes  
WELLNESS CENTER

91 SW Chehalis Avenue, Chehalis
2020 Borst Avenue, Centralia
307 E. Robert Bush Dr., South Bend
360.748.3744



thorbeckes  
ESSENTIAL YOGA

Check out class schedules at Thorbeckes.com

We offer regular classes, specialty workshops, and special events! View our most recent schedule and updates at Thorbeckes.com and click on "yoga" under "programs."

Essential Yoga Studio

at Chehalis Thorbeckes



Benefits of yoga

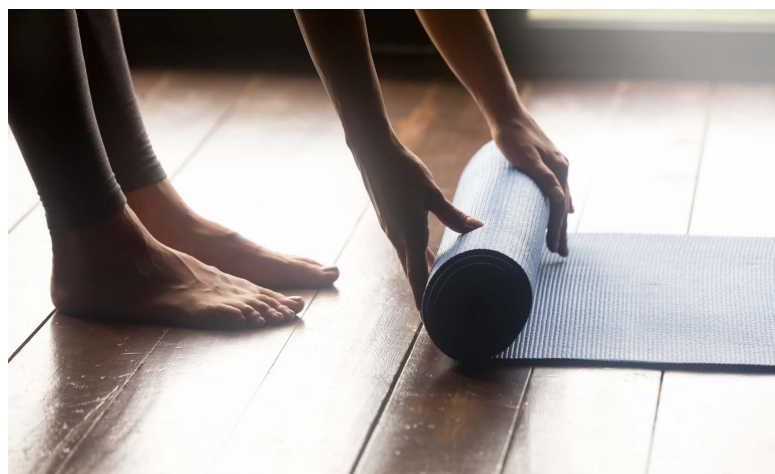
- Increased flexibility and strength
- Healing - proven to help heal old injuries and prevent new injuries from occurring
- Reduces the chance for heart attack and stroke
- Relieve symptoms of chronic disease
- Detox - you will sweat which will purify your muscles and organs
- Adjust posture
- Improve digestive system
- Increase metabolism
- Weight loss

Yoga is for everyone

Enjoy the benefits that yoga practice can bring us! Increased flexibility, strength, and increased circulation. It stimulates our internal organs and our nervous system. It improves skin detoxification and brings clarity and focus to the mind. It helps us to sleep soundly and reduces our stress. Be fit and improve your quality of life.

Classes Offered

AM Yoga Flow, Basic Yoga, Warm Yoga & Hot Yoga, Yin Yoga, Yoga workshops, and more!



All yoga classes are included in your Thorbeckes membership.