



## **“Life Movements”**

Dr. Michael Zolper presents a vitalizing movement class that incorporates aspects of Chi Gong, Yoga and Tai Chi.

Join him for an hour of gentle, purposeful movement aimed at enhancing flexibility, energy, and bringing balance to the body, mind, and soul.

Dr. Michael is the owner of Cafe' of Life Baraboo and has been practicing chiropractic in Baraboo with his wife Angela since 2000.

**Where: Its All About You Yoga at 508 Ash St.  
Tuesday 12-1**

**Friday 12-1**

**Drop Ins Welcome!**

**Cost Per Class: \$10**