



**“YogaMama” Patty Jo Thompson, M.S., Certified Instructor of Ancient Yoga**  
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**Phone: 620.342.4040**

**See my New York City YouTube interviews on my website.**

**Come celebrate our 11<sup>th</sup> year of Ancient Yoga classes**  
**First time is free for everyone! Bring your friends.**

**Energize! Revitalize! Rejuvenate! It’s Yoga Bliss!**  
**Ancient Yoga is for all ages. You can start at any age. Ancient Yoga is as gentle**  
**as it is powerful. We relax our entire body for an hour while we use all of our**  
**650 muscles. Experience the soothing flow of safe postures.**

**Tuesday and Thursday..... MORNINGS.....10:30 to 11:30 a.m.**  
**Monday and Wednesday..... EVENINGS.....7:00 to 8:00 p.m.**

**Offered at the Emporia Recreation Center 313 W. 4<sup>th</sup>**  
**Just pay \$50.00 and you will come to Ancient Yoga 22 times.**  
**The cost is only \$2.27 per class!**

**Although it is not necessary to be a paid member of ERC to participate in Ancient Yoga**  
**classes, you may purchase a separate membership to enjoy what the facilities offer.**  
**Ask about the Premium membership.**

**Patty Jo Thompson, M.S., teaches Ancient Yoga at Emporia State University.**  
**She teaches Ancient Yoga to children from K-5<sup>th</sup> in the RecXtra.**  
**Private lessons are available for adults and children.**



**YogaMama’s DVD’s offer healing wisdom:**  
**“Ancient Yoga for Adults with YogaMama”**  
**“Ancient Yoga with Children and YogaMama”**

**YogaMama attended her first yoga class at the age of 59.**  
**Now at 74 she has taught over 4,000 Ancient Yoga classes!**  
**With enthusiasm she says, “I feel like I am 17 again!”**

**Come! Enjoy success! Delight yourself with the joy of youthful vitality!**