## bliss yoga for tennis with Irena Strzinar





## Gain flexibility, power, strength, focus

## Yoga for Tennis in the beach...

- Improve concentration and focus
- Reduce anxiety
- Increase flexibility
- Increase your reach
- Reduce the risk of injury
- Improve your footwork
- Prevent tennis elbow, tendonitis
- Gain strength & generate more power!

Call 416 594-0004 or email irenabliss@gmail.com
Visit www.aboutbliss.com

## Bliss Yoga for Tennis Classes Beginners welcome! by Irena, B.A.Sc., M.A.Sc., P.Eng.,

Certified Yoga Teacher www.aboutbliss.com

