



march  
wellness

I'm interested in yoga to increase my flexibility and strength as I get older. Perhaps one day I can learn to stand on my head.

*Merle Noguchi, march wellness member*

**Call for a tour and a free day pass.**

Public welcome.

503 418-6272

[www.marchwellness.com](http://www.marchwellness.com)

Start where you are.<sup>sm</sup>



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