



offering new classes
every month including:

gentle yoga
hot flow
hatha
vinyasa flow

SPECIAL INTRODUCTORY OFFER
BRING THIS AD AND RECEIVE

30 days
ONLY
\$30*

*new clients only

Yoga in Chester!

avani  yoga

(804) 312-1026

4617 chester square road
chester, va 23836



www.avaniyogastudio.com

newsbriefs



Jennifer DuBois

Avani Yoga Offers Free Classes for Those Fighting Breast Cancer

When Jennifer DuBois was diagnosed with breast cancer in 2011, she took the traditional approach of fighting the disease with surgery, chemotherapy and radiation. A devotee of yoga since 1999, she knew she needed to get back on the mat to help quiet her mind while dealing with the difficult side effects of treatment. Unfortunately, there were no yoga studios near her home in Chester. "I saw a need here and committed myself to building a yoga community in Chester as soon as I recovered," says DuBois.

Avani Yoga Studio opened its doors in June 2013. Competitive pricing and donation-based classes help make yoga accessible for students of all abilities in this new Chester studio. An important part of that accessibility is DuBois' passion for women who are fighting breast cancer. Classes are free for women in active treatment and a 20 percent discount is given to women who are working towards five years of being cancer-free.

Location: 4617 Chester Square Rd., Chester. For more information, call 804-312-1026 or visit AvaniYogaStudio.com. See ads, pages 9 and 42.

