



Community Yoga is Back! New Time, New place

Class Description:

Come join in a moderately paced flow class that targets all areas of the body and mind. Linking the breath with the movement allows one to really anchor in the benefits of each pose, leaving you feeling refreshed, grounded, balanced and ready for the rest of your week! Any questions? Call/text Denyse Robinson 975-5325

What: Community Yoga Class

When: MONDAYS

Where: 255 Molyneaux: KEA- Studio 2

Time: 4:45PM-5:45PM

As always, Cost is only \$5!