

NEW COMMUNITY YOGA CLASS

BIRCHWOOD VILLAGE HALL

Beginner/Gentle Yoga Class:

WHEN: TUESDAYS, 5:00 - 6:00 p.m.

COST: Donation – pay as you can



Take an hour for yourself and your health! Breathe, relax, and de-stress while safely building muscle strength, flexibility, and cardio fitness.

No special clothing is required, just something casual, loose and comfortable.

Bring a yoga mat. (A small number will be available for use)

Class is led by an experienced, 500+ Hr. R.Y.T (Registered Yoga Teacher).

Learn in a comfortable, encouraging, and fun atmosphere!

*** Begins Oct. 16, 2018**

QUESTIONS? Please call Joyce, 763-213-6874