

YOGA

Tuesday and Thursday

9:15 am - 10:15 am

\$82/\$72 Resident Discount

May 2 - 30

Barcode: 15332, Ages 50+

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being. The practice of yoga makes the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind. This class will cater to beginner and intermediate participants.

Mats not provided, please bring your own.



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