

Lunchtime Yoga for Every Body

Strongheart Center

No Experience Necessary

Gentle yoga classes designed to ease stress, increase flexibility and build strength from within.

Each class concludes with guided meditation and relaxation.

Noon on Wednesdays

Classes Begin Wednesday July 26, 2017

The 1 hour class begins at 12 pm in the Strongheart center.

Yoga mats are available for use.

Please wear comfortable clothing that allows you to move freely.

