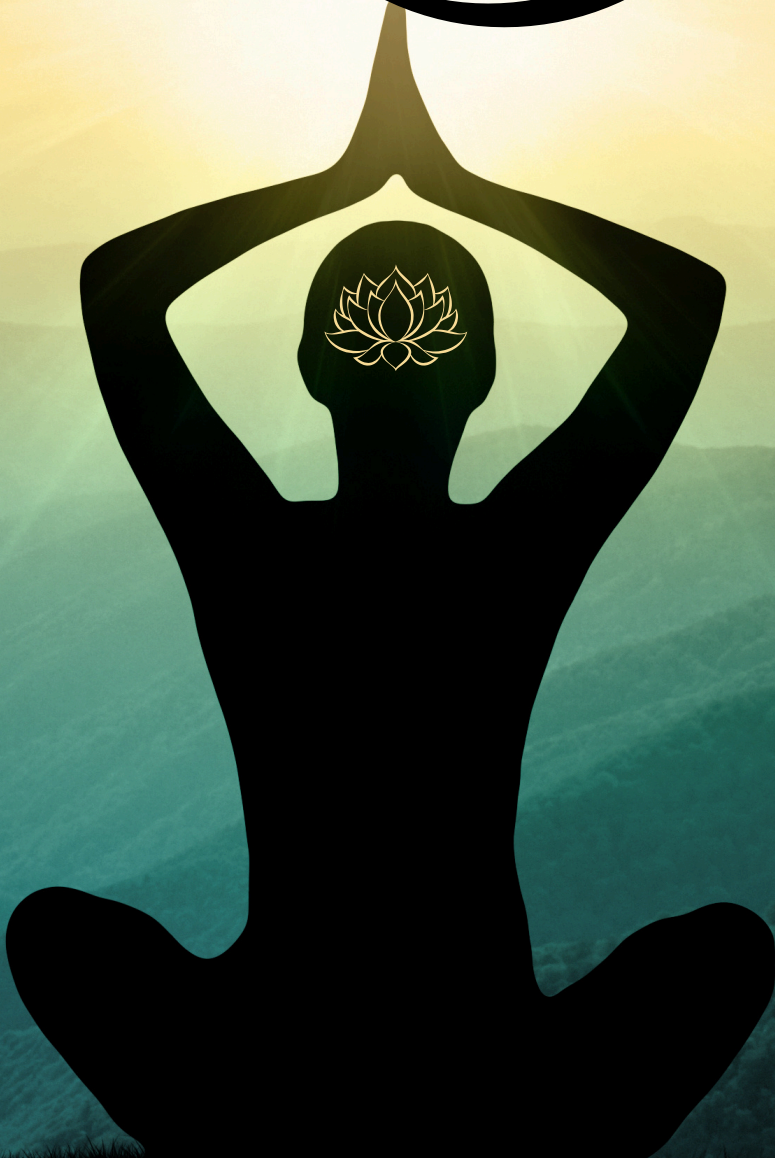


Gentle Yoga



With focus on tension and stress release, this beginner's class is great for all levels of Yoga experience. Class includes relaxing music, basic breathing exercises, full body warm up and poses that promote stress and tension release. Yoga mats available if needed. Props are welcome but not provided. Bring your water bottles!

With: Amanda Carlin

Who: Ages 16 and up

When: Mondays 5:15pm

Starts October 7th

Cost: \$48/mo (4 wks)

Drop in cost:

\$15 cash



Where: Miller Park

School House

1178 Chickasaw Rd, Fawnskin

Register at: www.BigBearParks.org
For more info, call (909) 866-9700