



YOU'RE INVITED TO

GENTLE YOGA

WHEN: 2ND AND 4TH THURSDAY
OF THE MONTH AT 7:15 PM

WHERE: ONLINE- A LINK WILL BE
SENT TO SIGN UP AND
REGISTER

COST: \$8 PER CLASS

THE CLASS: Join us to relax and reconnect the mind and body. This 45-minute gentle yoga flow will help you to get back in touch with yourself. All levels are welcome- from those who have never taken a yoga class to those seasoned in their practice.

THE INSTRUCTOR: Steph is a certified yoga instructor at the 200-hour level. She is also trauma and ED informed. Her classes focus on the breath and connection to self. She is excited to share her practice with you! Questions- email swagner1491@gmail.com

REGISTER HERE!

*This class is for adults 18+. Thank you.