

Come Join Us For Evening Yoga !!!

Wednesdays

**Starting April 1st from 4:00 - 5:00
In the gymnasium**

Evening Yoga Stretch/Walking

Seated or standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion.

Restorative breathing exercises will promote relaxation, stress reduction and mental Clarity. Walking burns calories, boosts stamina, improves heart health, reduces stress and lowers inflammation .

