



YOGA

YOGA BASICS - MONDAYS

6:30 - 7:30 P.M.

MAY 14 - JUNE 25 (no class 5/28)

For people who are interested in taking a yoga class and have no prior experience, practiced yoga but are no longer familiar with the basics, or are familiar with yoga but prefer a very gentle practice. Bring your own mat please. Minimum of 6.



CONTINUING YOGA

WEDNESDAYS 6:30 - 7:30 P.M.

MAY 16 - JUNE 27 (no class 6/6)

Beginner to Intermediate levels. Beginners are encouraged to start with yoga Basics but it is not required. Participants will progress at their own pace, and many options will be given to accommodate various levels and abilities. Information on the fundamentals of yoga will be interspersed into classes.



\$25 PER PERSON

JEFFERSON CITY HALL MEETING ROOMS

*Contact Carrie with questions at
674-6338 or the Rec. Dept. at 674-7720*