



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA IS FOR EVERY BODY

ACCESSIBLE YOGA

January 6th—27th

Mon/Wed 12:15–1:15 PM

IRONWORKS BRANCH

Yoga is for everybody! Join us for a special series that reveals a gentle, therapeutic and modified side of yoga for 2x/week this January.

Open yourself up to the many possibilities yoga has to offer everyone, no matter what your size, shape, age or ability. This beginning class is ideal for those that need a more adaptive and accessible approach to yoga or anyone that wants to find new ways to practice. Led by Kathy Larson.

Members: \$20

Community: \$30

**Register Today!
Space limited so sign up soon!**

