



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN MORE ABOUT YOGA AT THE Y

INTRO TO YOGA
January 11th, 2020
Noon — 1 PM
IRONWORKS BRANCH

New to class or just want to learn more about yoga? This is a perfect one-hour workshop for you! Yoga Instructor, Kathy Larson will go over everything you need to know before joining a yoga class. She will cover and have handouts on:

- What is yoga?
- What are the different styles of yoga?
- What do I need to know before I attend a class?
- What happens in a yoga class?
- Yoga Accessories: How, what and when we use them.

Kathy Larson, who is a professional certified life coach, a Daring Way Certified Facilitator and a trained yoga instructor, will lead you through this fun, informative class.

Please register by January 9.

Upcoming classes: January 11th 12 PM

Members: FREE
Community: \$10



STATELINE FAMILY YMCA—IRONWORKS BRANCH
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