



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEGIN BALANCE BREATHE

YOGA CLINICS

Stateline Family YMCA IRONWORKS BRANCH

Join us for a workshop-style yoga class with one of our Yoga clinics this Fall! All levels of experience are welcome, so take this chance to investigate the yoga offerings available at the Stateline Family YMCA. Register at the Front Desk, online or through our app! Questions? cdusing@statelineymca.org.

Saturday, September 25, 11AM-12PM:

Beginners Yoga with Kathy

Saturday, October 16, 11AM-12PM:

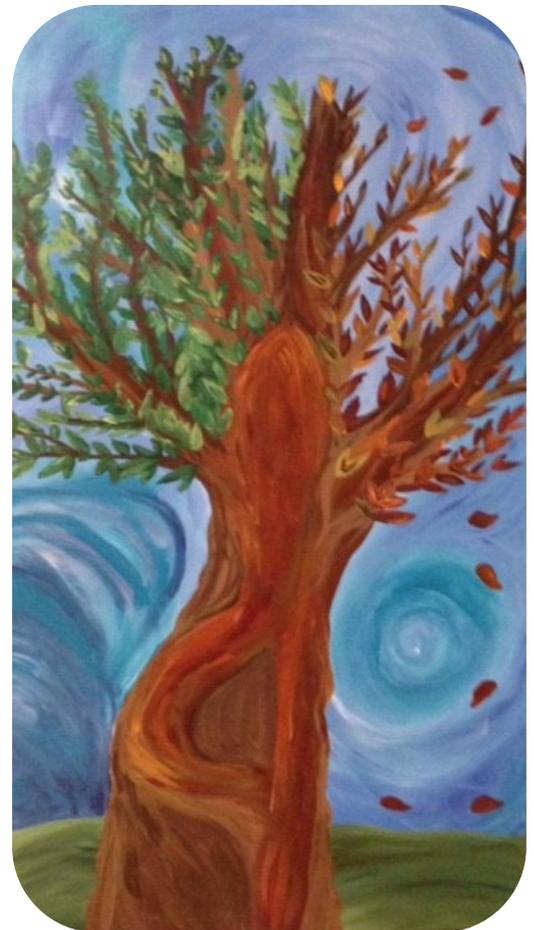
Hatha Standing Balance Poses with Brenda

Saturday, November 20, 11AM-12PM

Hatha Karma with Lilliana

Members: \$15/Clinic

Community: \$20/Clinic



Each clinic is limited to 12 people, so register soon!