

Palmyra Park and Recreation

YOGA

Come and learn this ancient form of exercise that incorporates postures, breathing and meditation. Those participating will be introduced to a variety of basic poses to promote overall health and wellness. This class is open to all skill levels, as poses can easily be adapted to increase or decrease the level of difficulty.

Instructed by Susan Schultz

**Register with a friend and you'll
both receive a \$5 discount!**
(Maximum discount is \$5)

Register for this activity at the Palmyra Village
Hall during normal business hours.
For More information please call 262-470-9440
or 262-495-8316

Visit our web site
Villageofpalmyra.com



Tuesday evenings 7:00-8:15p.m
Classes begin January 10th and
will run for 6 weeks

Class Fee: \$50

Classes will be held in Room 209 at Palmyra-Eagle High
School.

Minimum class size 5
Maximum class size 10