

# Vinyasa Yoga

Visit our web site  
Villageofpalmyra.com

Come and learn Vinyasa Yoga, this will be focused on strengthening & bringing awareness to the core. This class will bring the opportunity for self discovery & encourage students to leave their comfort zones by giving them the opportunity to engage with feelings of discomfort (the burn not pain) to identify with how they respond to the ego, transition, & change. This is a multi-level class & great for beginners,

Instructed by Bobbie Helwig



Monday evenings 6:00-7:00p.m  
Classes begin Jan 14th & will run  
for 6 weeks

Class Fee: \$63

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

Minimum class size 5

Register for this activity at the Palmyra Village Hall during normal business hours or online. For More information please call 262-470-9440 or Email [palmyra\\_park\\_rec@villageofpalmyra.com](mailto:palmyra_park_rec@villageofpalmyra.com)