

Palmyra Park and Recreation

YOGA For Beginners

This is a great class for people new to yoga, or just wanting to broaden their understanding of individual yoga poses. We will learn & explore new poses each session. I will offer hands on assistance & modification to allow you to go deeper & reap the most benefits from your yoga practices. This is a gentle, slow, alignment oriented class.

Instructed by Bobbie Helwig

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

Visit the website at villageofpalmyra.com



Tuesday evenings 5:30-6:30p.m
**Classes begin March 5 and will
run for 6 weeks**

Class Fee: \$63

Classes will be held in Room 500 @ PEHS, enter door #20

Minimum class size 5
Maximum class size 10