

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



Tuesday evenings 6:45-7:45p.m
Classes begin March 5th & 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