

YOGA

FOR THE NEW OR HESITANT YOGI

Certified Yoga Teacher Frank from Yoga Alliance, makes yoga accessible to all. No need for intimidation; this class is beginner-friendly. Simple postures with props for ease. Yoga for everyone, regardless of age or flexibility. Includes breathwork, postures, alignment, relaxation, meditation, and yogic wisdom.



Session 1: January 11 - February 15

Session 2: February 29 - April 4

Thursdays at the L.P. Wilson Community Center

5:30 PM to 6:30 PM | Ages 16+ | \$5.00 per session

register at townofwindsorct.com/recreation

