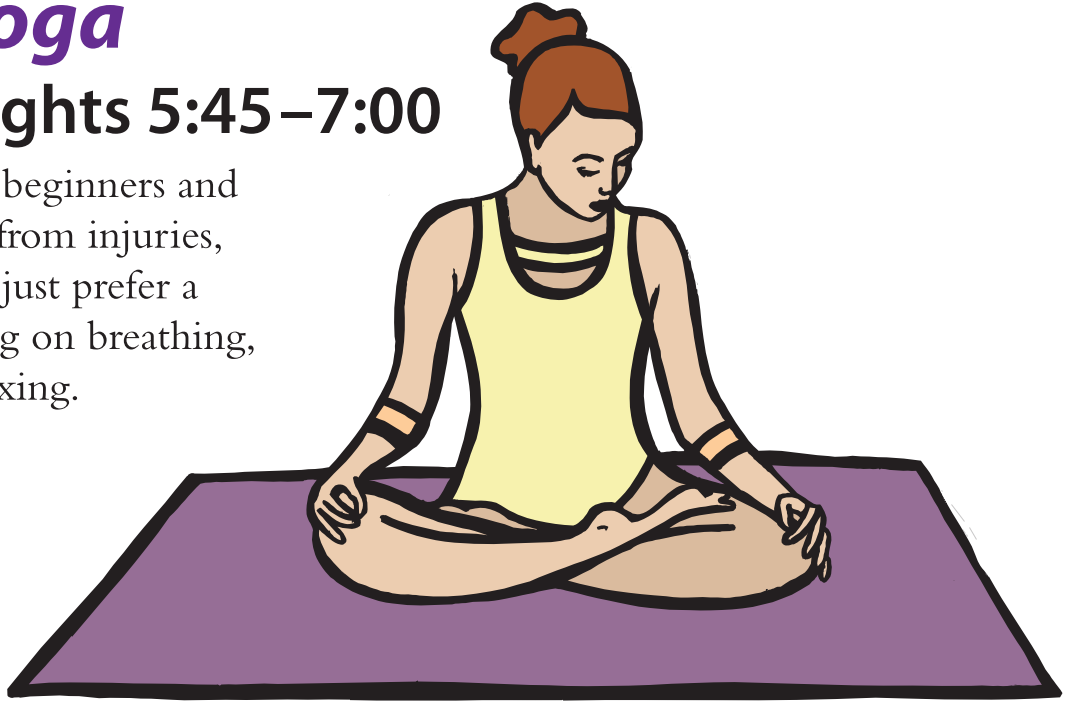


Yoga ELMM Community Center

Gentle yoga

Tuesday nights 5:45–7:00

A good choice for beginners and people recovering from injuries, or for people who just prefer a gentle class focusing on breathing, stretching, and relaxing.



Vinyasa yoga

Thursday nights 5:45–7:00

Class will focus on building strength, balance, and flexibility. Sun salutations, lots of movement and standing poses. Class will consist of a warm-up, a flow series, followed by stretching, and relaxing.

Both classes encourage body awareness, focus on breathing and listening to your own body and doing only what is right for you...

The session is 8 weeks long beginning on Tuesday, Sept. 30th and Thursday, October 2nd.

The cost for one 8 week session is \$60, the space is limited to 7. Please preregister with payment to the ELMM Community Center.

Drop-ins are welcome if space is available. The fee is \$10.