

WINTER/SPRING 2020

YOGA

Adults 18+

Begin the journey that is Yoga as you learn or review the basic asanas (postures), practice breath work and meditation in a relaxing environment while building strength, increasing flexibility, and improving balance. The classes will be tailored to meet the needs of the individual yogis. Block and straps furnished.

Participants must provide their own mat.

MIN/MAX: 20/50

No Classes Week of March 9

No Classes Week of April 15

Location: Community Activity Center-Activity Room

Instructors: Tana Schenck - T/TH 10:00-11:00am

Cindy Leiseberg - M/W 10:00-11:00am & T/TH 6:30-7:30am



Age	Day	Time	Dates	Fee	Activity #
Adult	T/TH	6:30-7:30am	1/28-3/19	\$50	380000-12
Adult	M/W	10:00-11:00am	1/27-3/18	\$50	380500-12
Adult	T/TH	10:00-11:00am	1/28-3/19	\$50	380600-12
Adult	T/TH	6:30-7:30am	3/31-5/21	\$50	380000-13
Adult	M/W	10:00-11:00am	3/30-5/20	\$50	380500-13
Adult	T/TH	10:00-11:00am	3/31-5/21	\$50	380600-13

Please visit NormalParks.org for more information.

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NormalParks.org



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