

FALL 2019

YOGA

Adult

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

MIN/MAX: 20/50

No Classes October 14-17 and November 25-28

Location: Community Activity Center-Activity Room

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



Age	Day	Time	Date	Fee	Activity #
Adult	M/W	10:00-11:00am	9/16-12/4	\$70	280500-11
Adult	T/TH	6:30-7:30am	9/17-12/5	\$70	280000-11
Adult	T/TH	10:00-11:00am	9/17-12/5	\$70	280600-11

Please visit NormalParks.org for more information.

