

Yoga Basics Workshop

This 90 minute workshop is perfect for those who have never taken yoga or even for those who practiced but want to revisit the basics of yoga. Breath work and poses will be taught at a slower pace allowing participants to build an understanding of the fundamentals of yoga. Please bring a yoga mat.

Facilitated by Danielle Koren, RYT-200.

Friday, December 7th
10:00am-11:30am

Member \$5

Non Members \$10

Pre- registration is required.



JEFF NELSON



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