

PARKWOOD YMCA

SMALL GROUP YOGA

Want to build on your yoga foundations? Have an injury and looking for modifications? If yes, this yoga session is for you! This class is an introduction to fundamental postures to build your practice, focusing on proper alignment with the use of props. With limited class sizes, hands on assistance and feedback, you'll feel stronger, more flexible, and increase your body awareness!




Tuesdays and Thursdays: 9-10am
November: Thursday the 7th - Tuesday the 26th
December: Tuesday the 3rd - Thursday the 19th

\$42 /Month

Register online or contact us for further information:

 2306 Haslett Rd, East Lansing

 517-827-9680

 www.lansingymca.org