



# YOGA IN THE PARK

## MORNING FLOW

Improve your strength, balance and breath while connecting with nature.  
Start your day the Vinyasa way with Morning Flow!

Instructor: Jane Zeiger

Rec Center Member Price: \$50 | Non-Member Price: \$60

Course #130052 / Tuesday and Thursday / April 2-25 / 9 - 10 am

Course #130053 / Tuesday and Thursday / May 2-30 / 9 - 10 am

## EVENING YIN

Release tension in your body and mind and connect with your environment via Yin Yoga. This slow-paced, long-hold practice will give you a deeper stretch.

Instructor: Kevin Starnes

Rec Center Member Price: \$50 | Non-Member Price: \$60

Course #130056 / Monday and Wednesday / April 1-24 / 5 - 6 pm

Course #130057 / Monday and Wednesday / May 1-29 / 5 - 6 pm



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