

YOGA / *Breathe, Enjoy*

In this class we will take time to connect with our breath, learning to let go of the tension we hold.

Bringing a new awareness to yourself, as you take time with your breath, discovering more wholeness from the spine. Taking time to *soften & undo*, rather than do. Each class ending with a guided relaxation or breathing practice. A very open & comfortable class. Work at your own pace.

Benefits are many, besides unwinding, we are helping our body's to become more flexible, while building strength. Not to mention a better overall immune system. All levels welcome. Limit of 8. Adults & Teens.

Wear comfortable clothing. Yoga mat, towel or rug needed. Please arrive 5-10 minutes early, class starts @ 6 p.m.

Take time to unwind - take time for you!

Sponsored and held at the Village of Union Grove
Recreation Community Room

Feb. 18, 25, March 4, 11, 18, 25
Thursdays, 6:00pm - 7:00pm / 6wks \$50

Register at the Village Hall: 925 15th Ave, Union Grove
Questions? Call Kim at 262-902-7917 or Cheryl Schwark at
414-218-5987