

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 bodies 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 (925 15th Ave., Union Grove)

Sessions are held Thursdays, 6:00pm – 7:00pm

6 weeks for \$50

April 15, 22, 29, May 6, 13, 20

Register at the Municipal Center: 925 15th Ave, Union Grove
Call Kim at 262-902-7917 or Cheryl Schwark at 414-218-5987 for details.