



YOGA STRETCH

Here is an opportunity to develop core body strength by increasing the strength and flexibility of major muscled groups. You will increase range of motion and become balanced and centered in body, mind, and spirit.

**Yoga Stretch 1:
Mondays & Wednesdays
9:00-10:00 am**

**Yoga Stretch 2:
Mondays & Wednesdays
10:00-11:00 am**

For more information contact
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