



WINTER/SPRING YOGA SERIES

TO BENEFIT THE MARION STREET PTA (and you!)

Monday, Jan 29: Yoga-ta Try This!

An introduction to yoga and mindfulness wellness practices.

Monday, Feb 26: Mind Over Mat(ter)

Mindful Movement combines breathing practices with the physical poses of yoga.

Monday, March 25: Hip, Hip Hooray!

This class will focus on mobility and flexibility of the hips and pelvic floor.

Tuesday, April 16: Warrior > Worrier

This class will be focused on stress relieving and healing practices.

7:30-8:30 pm @ Marion Street Gym

Suggested donation:

\$20 per session

\$70 for all 4 sessions

To register, scan
the QR code or
go to:

<http://tinyurl.com/MSYogaNights24>



Save
THE
Date



Family Yoga May 9
Adults and Children

