



INTRODUCTION TO YOGA

All levels welcome

Certified Yoga Instructor Jeanne Crayne will lead these free classes.

**9 to 10 a.m. Tuesdays and Thursdays
DeBary Hall Historic Site stable, 198 Sunrise Blvd.**

Yoga is great for building confidence, expanding awareness and creating a sense of calm. It also can improve concentration, balance, strength and flexibility. As a recreational program, our goal is to create a safe program that will help you achieve your goal, promote good health and improve stamina.

Please bring a mat, towel and water bottle to class.

For more information, contact:

- Matt Coleman, 386-736-5953, ext. 16767
- Joe Zarbo, 386-736-5953, ext. 16702

If you have any yoga questions, contact Jeanne Crayne at 386-337-9742.



Parks, Recreation and Culture