PROUDLY PRESENTS:

Introduction to Yoga
All levels welcome

Introduction to Yoga will be led by Certified Yoga Instructor Jeanne Crayne.
If you have any Yoga questions, contact her at 386-337-9742.

Location: DeBary Hall, 198 Sunrise Blvd., DeBary (Historic Stable)

Days & Time: 9 to 10 a.m. Tuesdays and Thursdays

Yoga is great for building confidence, expanding awareness and creating a sense of calm. It can help 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.

For more information contact:
Daniel Marsh at 386-736-5953, x16767; or Joe Zarbo at 386-736-5953, x16702

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

Body • Mind • Spirit