



Parks, Recreation and Culture

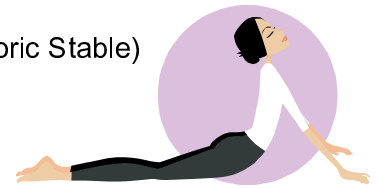
202 N. Florida Ave., DeLand, FL 32720  
386-736-5953

**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*