

beginner friendly yoga

MONDAY & THURSDAY: Slow Flow Yoga

Beginner-friendly classes for adults that works to increase mobility, strength and flexibility through standing, seated and supine postures. No experience necessary.

\$10 PER CLASS (CASH, VENMO)

LOCATION: AMERICAN LEGION POST 194

601 BROAD STREET, FLORENCE (BASEMENT ROOM)

6:30-7:30 PM

(This class does not meet on the 2nd Thursday or 4th Monday of each month)



WEDNESDAY: Yin-Inspired Gentle Yoga

Beginner-friendly classes for adults that encourages the body to rest, reset, and release through postures that are done both seated and lying down. These gentle poses are held for an extended period of time to give the body an opportunity to open and let go. No experience necessary.

NO CHARGE

SPONSORED BY FLORENCE TOWNSHIP RECREATION DEPT

LOCATION: 69 MAIN STREET, ROEBLING

11AM-12PM

Questions may be directed to Lisa via text message (609-694-0442)

lisa filippine yoga