

Next Yoga Sessions:

Wednesdays

Jan 4 to Feb 8

4:00 pm - 5:00 pm

7:30 pm - 8:30 pm

Thursdays

Jan 5 to Feb 9

10 am - 11 am



- Explore the edge between comfort and discomfort
- Gently move beyond your comfort zone
 - Relax and Breathe
 - Learn a pose you thought you would not be able to do
 - Have fun with it
- Surprise yourself and gain confidence

Deming Zen Center, 501 - A East Spruce
\$42 for one six-week session, \$70 for two

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