

Gentle Yoga

*Solution for insomnia
Stimulate Lymph Nodes
Stamina and Energy
Improve Alignment
Mental Focus
Stress Relief
Endurance
Strength*



DROP INS AVAILABLE FOR \$7

8 week session - \$48

Friday, Aug. 3, 2018 - Friday Aug. 24, 2018

Classes start back up on October 26, 2018

75 Minute classes, Fridays, 9AM

Grand Valley Recreation Center

0398 Arroyo Dr. Parachute, CO 81635

For more information, please contact

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