

Morning Yoga

Morning Yoga is an open level Vinyasa Yoga class set to take place during the morning at one of Raleigh's unique outdoor recreation park facilities. Vinyasa connects the mind, body and breath with an energetic sequence of yoga postures. Anyone with beginner yoga experience to an advanced level practice can attend. This 75-minute class is a great way to challenge your flexibility, strength and balance. Classes are taught by a certified Vinyasa instructor and you will leave the class feeling lighter and restored.

Cost: \$50/Residents, \$65/Non-Residents ; Drop in: \$15/Residents, \$20/Non-Residents

Date: Saturdays

Summer 2016 Courses:

#188214 May 7 - June 4 10am - 11:15am

#188264 July 9 - August 6 10am - 11:15am



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Lake Wheeler
6404 Lake Wheeler Road
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