

Yoga All Levels at Thomas G. Crowder Woodland Center

Seeking to unwind the body and mind after a long day?

During this class you will build internal heat and focus, strength and flexibility. Class will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will incorporate standing postures and balance work. Expect to be challenged but leave feeling refreshed, relaxed and centered. Modifications for some poses will be offered so you can choose to work at the level appropriate for you.

Dates: Thursdays

Jan. 5 - Feb. 9 #199375

Feb. 23 - Mar. 30 #199376

Apr. 13 - May 18 #199377

Time: 6:30PM - 7:30PM

Ages: 18-65

Cost: \$55 Residents, \$70 Non-residents

Instructor: Jenny Turnage



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

Lake Johnson Park
4601 Avent Ferry Rd.
Raleigh, NC 27606
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