

Sunset Yoga

Sunset Yoga is an open level Vinyasa Yoga class set to take place during sunset 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.

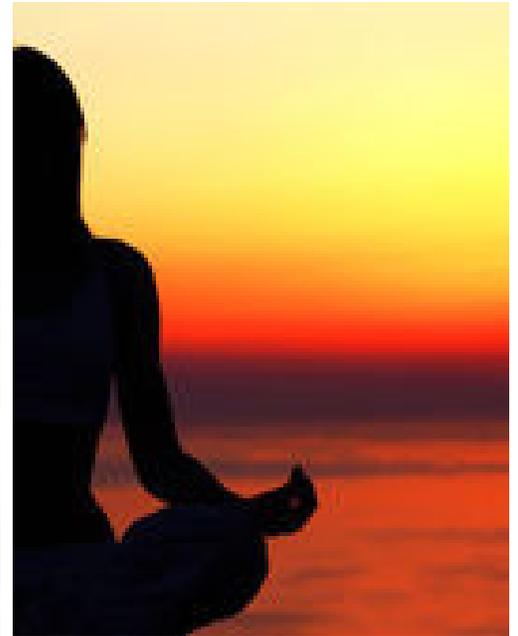
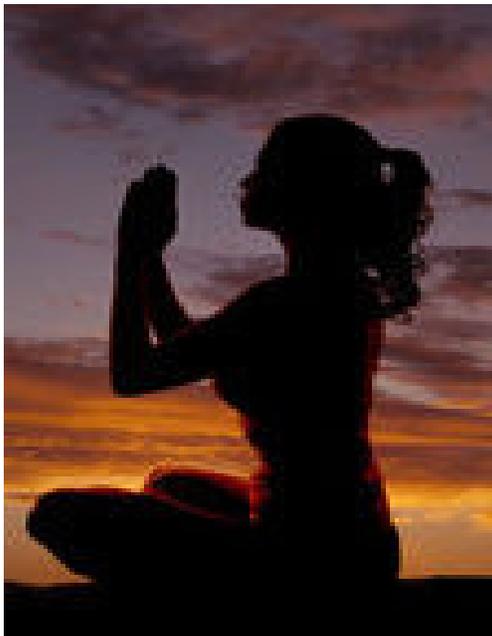
This 75-minute class is a great way to challenge your flexibility, strength and balance. Classes are taught by a certified Vinyasa instructor and you will leave the class feeling lighter and restored.

Cost: \$50/Residents; \$65/Non-residents

When: Tuesdays

Summer 2016 Courses:

- #188252 May 3 - May 31 7pm - 8:15pm
- #188281 June 14 - July 12 7pm - 8:15pm
- #188282 August 2 - August 30 7pm - 8:15pm



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

Lake Wheeler Park
6404 Lake Wheeler Road
Raleigh, NC 27603
919-662-5704

