

LOCATION

Train Depot
614 Broad Street
beginning
Tuesday
September 25
through
November 20

WHEN

Tuesdays
5:30 PM

WHO

We welcome all
yoga seekers

Drop-ins
welcome!

PRICE

\$5 per class



Gentle Yoga

All ages and ability levels welcome!

Join Jennifer Melton for an all levels, all-inclusive Gentle Yoga class. Gentle yoga is a slow and relaxing practice that focuses on making it easier to get into postures. Each class will begin with a mind, body, and breath focused meditation, followed by a variety of standing and seated postures as well as different modifications of every pose to allow you to explore what works for your body.

For more
information, contact
instructor:

Jennifer Melton
Registered Yoga Teacher
jennmeltonyoga@gmail.com
(540) 294-3213

