

Gentle Flow Yoga



**New Class: Begins Monday,
September 9 at 10:00am**

Instructor Beverly Leighton has been practicing and teaching yoga for fifteen years. She says that anyone can practice yoga and believes the idea of concentration and focusing inward fosters patience, balance and peace. The cost for the class is \$2 and a yoga mat is needed. This will be modified for seniors, but please know that it does involve getting down and up from the floor.