

GENTLE YOGA



Yoga helps improve balance, strength and flexibility and leads to greater self-awareness, confidence, and peace of mind. Gentle yoga is suitable not only for seniors, but also beginners, pregnant women, and people recovering from an illness or injury. Join Kripalu Yoga Instructor Cindi Buezli on Wednesdays at 10am-11:15am at Centennial Hall for her yoga classes. Cost is based on a sliding fee scale from a suggested minimum to the regular class rate. Call Centennial Hall at 268-6605 or Cindi at 268-2860 for more information.