



Yoga for beginner & Intermediate



- **Mondays 11 a.m.**
- **Tuesdays 12 p.m.**
- **Thursdays 12 p.m.**

At the tent in the Southwest corner of the parking lot

A gentle, non-intimidating yoga class ideal for beginners or those with decreased mobility.

Please bring your own mat.
Class is free for DAP members.
There is a fee for the general public.

Visit www.urbanyoga.org for a full list of classes.