



# Yoga for Beginners & Intermediate



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

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

Location: Urban Yoga Studio in main building of DAP Health  
**These classes are free for DAP clients/patients. There is a fee for the general public.**

Visit [www.urbanyoga.org](http://www.urbanyoga.org) for a full list of classes and pricing.