

YOGA TEAM TRAINING with Peggy



Gather your friends or make new ones for an hour of fun Yoga. If you like group training upstairs, you'll love this opportunity to work in a small group setting with your Yoga trainer.

September 8:15am Mondays and Wednesdays

Monday 9/11 All about Posture

Wednesday 9/13 Learning to Breathe

Monday 9/18 Standing Postures

Wednesday 9/20 Balancing

Monday 9/25 Seated Poses

Wednesday 9/27 Relaxation Techniques

Cost \$110

Register at Member Activities or with Peggy

