CURIOUS ABOUT YOGA?  WE HAVE THE CLASS FOR YOU!

Gentle Yoga for Beginners

Mondays 5:15-6:15pm

This class introduces the beginner student to yoga and provides a slower paced gentle class for those looking to restart their practice. Props are utilized to maximize students’ comfort and stability. We will begin by getting grounded and in touch with our bodies, and learn yoga postures to increase strength and flexibility, improve balance and promote stability. Basic yoga breathing exercises will be taught to enhance mental clarity and a sense of calm. No need to be fit or flexible - all ages and body types welcome.

Instructor is Kerry Duma, RYT-500

This class is offered at Yoga 4 All Studio and Wellness Community just off of Hwy 18 in Wales. Located behind Anytime Fitness on Oak Crest Drive. Try one class or purchase a package of classes.

Pricing information can be found on our website. yoga4allwi.com

Contact Marie Coakley 262-719-0422, fmcoakley@gmail.com with questions.

Please arrive early to allow for payment & signing of waiver upon your first visit to the studio.

Yoga 4 All Studio & Wellness Community

208 East Oak Crest Drive

Wales, Wi 53183

*This class is not affiliated with or endorsed by the Kettle Moraine School District.