

Yoga at Dynamic Movements School of Performing Arts

3205 Bridge Road, Suffolk, VA 23435

September schedule (no classes September 6)

MONDAY

9:30-10:45	Yoga 1
11:00-12:00	Gentle Yoga

THURSDAY

9:30-10:45	Yoga 1
11:00-12:00	Gentle Yoga

Description of classes

Yoga 1

A yoga class that emphasizes basic yoga postures concentrating on alignment, breath and flexibility.

Gentle Yoga

A gentle, relaxing, meditative class.

Call Taresa at 238-3116 for more information or to register.