

Yoga Classes

*Promote your physical and emotional well-being
by becoming more fit and flexible, while
improving your breath, body, mind and spirit.*

CLASSES BEGIN JUNE 14, 2023

**Art for the Young at Heart 65+
Wednesdays 3:15-4:15pm.**

**Open Yoga / All Level Practice
Wednesdays 7:45-8:45pm.**

www.cygnusarts.org / 609.272.1199

