

# Yoga Classes

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

**Art for the Young at Heart 65+**

**Wednesdays 10:30am-11:30am**

**This program resumes Feb. 7, 2024**

**Registration required.**

**Open Yoga / All Level Practice**

**Wednesdays 7:45-8:45pm**

**5 class cards/10 class cards available**

[www.cygnusarts.org](http://www.cygnusarts.org) / 609.272.1199

