

# Yoga Poses for Beginners



GROUP EXERCISE ROOM

- Gentle Yoga for Beginners
- Intro to Yoga
- Yoga Basics
- Mindful Movement
- ... and meet new friends!

Thursday  
Nov 14  
4:30-5pm

Learn the basics of yoga with a local instructor, enjoy educational materials, and then sign up for future classes!



**AIRDALES**  
850-623-7032