



Brownstown Recreation

EASY FLOW YOGA



Have fun while you learn gentle postures (asanas) & restorative breathing techniques. Let this class help you to remove all the damaging effects of our stressful lives and improve your overall strength, balance and stamina. All ages and levels welcome. Wear comfortable, stretchable clothing and bring a mat, rug or blanket. Please refrain from eating an hour before class.

Fall Sessions:

Classes: **Tuesdays 6:15-7:15 p.m. @ Community Center**
Session I - Sept. 19th thru Oct. 17th
Session II - Nov. 7th thru Dec. 6th

Thursdays 6:15-7:15 p.m. @ Community Center
Session I – Sept. 21st thru Oct. 19th
Session II – Nov. 2nd thru Dec. 14th

Cost: **Resident: \$26.00 per session/per class**
 Non-Residents: \$31.00 per session/per class

Instructor: Dr. Tracey Williamson, D.C., D.I.C.C.P.,
American Heart Association Certification, Board
Certified Diplomate in International Chiropractic
Council on Pediatrics

For More Information Call 675-0920

You can also register at brownstownrec.org

