

# **WOODBINE RECREATION COMMISSION**

**INVITES YOU TO PARTICIPATE IN  
FREE YOGA CLASSES**



**Experience the benefits of Yoga for yourself!**

**When:** Starts Tuesday, April 9<sup>th</sup> and  
runs through Tuesday, June 11<sup>th</sup>.

**Where:** Woodbine Community Center  
(located at 812 Longfellow Street)

**Time:** 5:30 to 6:30 pm

Phyllis Schlegel, certified yoga teacher (RYT-200), will lead this class intended for Adults (18 or older) and suitable for beginner to intermediate students.

**Note:** Students should bring your own yoga mat to class and arrive 10 minutes prior to start time.