

HATHA for WELLNESS

Fridays

January 10 and 24

February 14

March 14 and 28

April 11 and 25

10:30—11:30 am

A gentle class that is accessible for all levels. No experience necessary. We use essential yoga poses and breathing to help increase core strength, balance, flexibility and range of motion. The focus is on functional movement and mobility. Bring a yoga mat, blocks and a yoga strap.

No registration is necessary.

Drop in—\$10.00

Instructor: Lisa Willis

Pinckney Community Public Library
125 Putnam Street, Pinckney, MI 48169
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