



Free Community Yoga Class

Times: Wed 7 PM Thur 830 AM beginning Jan 16th, at Town Hall

Class Description: Both classes will be beginner classes. Come experience yoga for the first time or build a stronger foundation for your yoga practice. Modification and options will be available throughout class making class accessible to everyone, regardless of flexibility or experience.

Benefits of yoga: Increased flexibility, strengthen and tone muscles, increase balance and stability, ease anxiety, boost mood and enjoy learning a new school.

Meet the teacher: Kaysie Wilcox is a mother of two children (ages 4 and 2). She has been studying yoga for over a year and is a 500 RYT instructor as well as a certified stand up paddle board fitness instructor. She also enjoys foot zoning, reading and watching Netflix. She loves sharing yoga and paddle boarding with others, especially with beginners.

Please come and see what yoga is all about!

FREE Classes at Deweyville Town hall Jan to beginning of May