



Yoga Classes

We're back in person at St. Paul's guild hall!!

Hatha Yoga (Beginners to advanced!)

Mondays: 5:30-6:30 pm

June 14th - July 12 (First class at Riverside Park!)

This class is rooted in ancient yoga teachings, every pose will help support your joints, muscles and organs. Classes may include both gentle movements and restorative postures, strengthening and mobilizing, breathing techniques and meditation.

Free classes on the island at Riverside Park on the second Monday of each month this summer!

(In case of bad weath, we will meet at St. Pauls)

Gentle Yoga

Fridays: 9:30-10:30 am

June 25 - Aug. 6 (no class on July 2)

Structured for beginners, those with health conditions, and for rejuvenating and healing the body.

Yoga props are used to facilitate a safe practice and to allow the body to fully achieve each position comfortably. This is a slower paced class and focuses on stretching all areas of the body while releasing stress and tension from joints and muscles.

\$80 for a punch card for 10 sessions or \$10 per class



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