

Welcome the new year

2023

WITH YOGA!



## YOGA WITH KARIN

*EASY/MODERATE VINYASA FLOW*

CHARLES EVANS COMMUNITY LIBRARY ( SHS HIGH SCHOOL)

MONDAYS 7-8PM

THURSDAYS 7-8PM

Beginning  
January 9, 2023

## YOGA WITH MOLLY

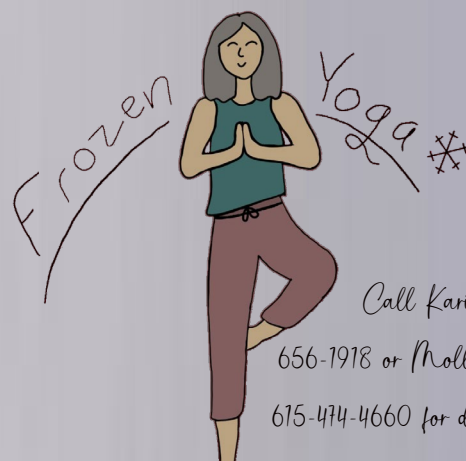
*GENTLE YOGA AND POWER FLOW*

GALENA POOL BUILDING ( OBSERVATION ROOM)

TUESDAYS 7-8PM

SATURDAYS 9-10AM

Yoga mats and blocks are  
available for you to use.



Call Karin at  
656-1918 or Molly at  
615-474-4660 for details