L'Anse Creuse PUBLIC SCHOOLS
COMMUNITY EDUCATION



SLOW FLOW YOGA

Winter 2027 14 Classes 1/4 thru 2/24

Monday & Wednesday

7 - 8 pm - Graham Cafe
25555 Crocker

Learn stress-relieving techniques that will provide a deepened sense of well-being. Practice stretching to tone and strengthen the body. Use gentle, slow movements and focus on the body, mind, breathing and posture to improve circulation, flexibility and stamina. Enjoyable and beneficial for all fitness levels. Please bring yoga "sticky" mat and water to class.



Cost

14 Classes M & W $120
Mon only $50 (6 classes)
Wed only $70 (8 classes)

586-783-6330

www.lc-ps.ce.eleyo.com