Yoga for stress Management

Unwind from your week

Join us on Second Freestyle

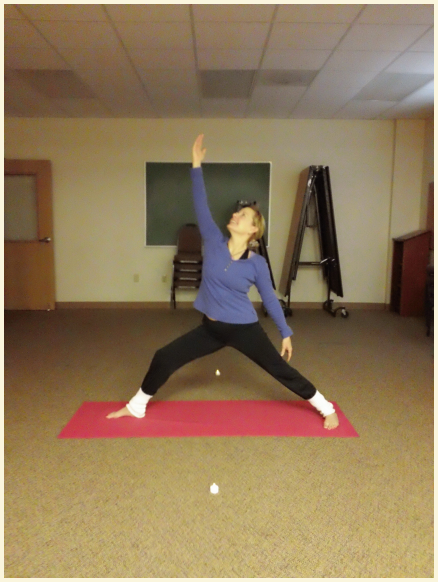
Saturday mornings!

Instructor: Diane M. Dryja, RYT, LMT #907, ACE certified personal trainer

Where: Party Room

Times: Second Freestyle Saturday mornings.

Fee: $15 yoga wrist band purchased at the front window.

optional items: Mats will be provided.You may bring blocks, straps, blanket, towel, and mats as desired.

The class is one hour long and focuses on breath, relaxation, strengthening, and gentle stretching. Whether you are a seasoned yoga practitioner or have never done yoga before you will find this class beneficial. Come unwind, relax, & rejuvinate! questions email me at icedryja@icloud.com