

Everybody Yoga

with Laura Clarke



Have you always wanted to try yoga, but felt intimidated? Perhaps you've practiced in the past and are nervous about starting again? Join us for a new yoga class, Every Body Yoga, at the Jamestown Senior Center! Yoga is an inside job, so modifications and props will be on hand to assist with limitations in wrists, spine, shoulders and hips.

Wednesdays

2:30 PM - 3:30 PM

January 15th 2025-March 5th 2024

\$10 per class (\$80 for 8 weeks)

Classes are informal, wear clothing you feel comfortable stretching in. Please bring a yoga. Class will be lead by Jamestown Resident, Laura Clarke, Certified Yoga Instructor



Register online at myactivecenter.com or contact Senior Services Program Assistant, Eileen Donnelly, at 401-423-9806/edonnelly@jamestownri.net

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