



Intro to Yoga

at Free Movement Pilates

500 Kenwood Ave, Delmar, NY

4 Week Series Beginning This Fall

Saturdays 10:00 am – 11:00 am

September 17, 24, October 1 & 8

Learn what yoga is along with basic postures, breathing techniques and relaxation in a comfortable setting

No previous yoga experience needed at all!

\$50.00 for the 4 week series

Must register in advance

Please contact Nicole Campbell, CYT to sign up for more information

Nicolecyoga@gmail.com

Call or Text - 201-463-0303

