



# **YOGA FOR ANY & EVERY BODY**

**Instructed By:  
Michelle Gore**

**Day: Thursdays**

**Time: 6:30 pm -7:30 pm**

**Dates: March 27th - May 1st**

**Cost: \$38 for Residents  
\$44 for Non-Residents**

**This class emphasizes  
the basics of poses,  
breathing, and relaxing  
the mind and body for  
beginners or returners**

**SIGN UP**

**[www.chparks.com](http://www.chparks.com)**

**Cleveland Heights Community  
Center 1 Blvd, Cleveland Heights  
Ohio 44118**

