



Cleveland Heights
Parks & Recreation



FALL **2024**

Yoga

Ananda Sotherland, Instructor

Yoga for ANY and EVERY Body

Thursdays

October 24–December 5

6:30-7:30 pm

Aerobic Room

\$38 CH residents

\$44 non-residents

This class covers the fundamentals of yoga for beginners and those returning to or looking for a gentler approach to yoga. The class will emphasize the basics of poses, breathing, and relaxing the mind and body.

TO REGISTER

Scan the QR code, click on “2024 Fall > Adult Programming” and choose your class.



CONTACT US

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