



ZEN YOGA & WELLNESS

COMMUNITY CLASS SUNDAYS 5-6PM

MAY SCHEDULE

May 3-Yin Yoga with Jen

Jen's journey to yoga began through movement and has deepened into mindfulness. Jen's Yin class is a restorative practice using props and bolsters with longer holds to allow the stress to melt away. No previous yoga experience needed. Join us to relax, increase flexibility, improve circulation, and quiet your mind.

May 10-Mother's Day Yoga-A Nurturing Flow with Becky

Becky is passionate about sharing yoga, by creating opportunities for rest, balance, and connection. This gentle, heart-centered flow is designed to help caregivers to slow down, soften, and restore. With calming movement and a soft, acoustic playlist, this all-levels class invites you to receive the same care that you give to others.

May 17- Hatha Yoga with Reba

Reba began her yoga journey 5 years ago with Diane Featherstone. Initially intrigued by the physical benefits, she discovered in that very first class how yoga brings peace and a connection to the universe. Reba's classes are slow flow and beginner-friendly. The focus is on gentle stretching and mindful self-awareness.

May 24-Yin Yoga with Jen

Jen's journey to yoga began through movement and has deepened into mindfulness. Jen's Yin class is a restorative practice using props and bolsters with longer holds to allow the stress to melt away. No previous yoga experience needed. Join us to relax, increase flexibility, improve circulation, and quiet your mind.

May 31- Hatha Yoga with Reba

Reba began her yoga journey 5 years ago with Diane Featherstone. Initially intrigued by the physical benefits, she discovered in that very first class how yoga brings peace and a connection to the universe. Reba's classes are slow flow and beginner-friendly. The focus is on gentle stretching and mindful self-awareness.