

PRESENT

BEYOND GENTLE YOGA

Led by
GV Beyond Fitness



Scan here to
register now!

Saturdays from 9:00-9:45a
Check in at 8:45a

May 31st

Register by
May 28th

June 28th

Register by
June 25th

July 26th

Register by
July 23rd

August 30th

Register by
August 27th

This class is thoughtfully designed for those new to yoga, ensuring a welcoming and comfortable space for everyone. Focused on slow, mindful movement, gentle stretches, breathwork, and relaxation, it's the perfect opportunity to reset, recharge, and find balance in body and mind.

Join us for a calming and restorative experience, no prior yoga experience needed!

\$5 per person, per session

Location: Start in the Community Center to Checkin

Please bring your own mat or blanket