



GENTLE WAKE-UP YOGA FOR ALL!

WELCOME CENTER FOYER

Thursday, August 14 & 21 - 6:45 to 7:30 AM

Instructor Katie Comeau



This class is designed for beginners! All you need is comfortable cloths and to show up 5-10 minutes prior to the class start time. Katie will guide you through a series of gentle beginner yoga moves (mats provided). Showers available. Everyone is welcome!

For more information: healthy-psu@plymouth.edu