

Yoga at the V!



Join us for Outdoor Yoga

Open to all levels

Practice Yoga while your kids
are at swim team practice

Connect your mind, body and spirit as you
explore breathing techniques, meditation, and
postures to lengthen and tone the body

Bring a Yoga Mat, Beach Towel
and water bottle

Open to Adults and those who are
mature enough to enjoy a 1 hour class

Mondays 9:00-10:00 a.m.

(subject to change and weather permitting)

\$5 per class

Instructor: Rachel Chadesh

Rachel is Yoga Alliance Certified 200 hour level.

She currently teaches in various local locations.