

Beginner Yoga



6:30-7:30 p.m. Mondays

March 17, 24 and 31; April 14, 21 and 28

Lower level of the Civic Auditorium (enter down ramp off Plain Street)

Join instructor Becca Masters for Beginner Core Strength Hatha Yoga class. This class will be taught at a slower pace, giving time for questions and gentle adjustments. The class will promote proper anatomical alignment and movements and poses that start from the Core Muscle Meridian, from which Core Strength derives, for maximum benefits from each pose. Just \$5 per class, with punch cards available at the Park Office (250 Pine Lake Ave.) or Civic Office (1001 Ridge St.).

For more information, contact the La Porte Park and Recreation Department at (219) 326-9600, visit www.cityoflaporte.com or find us on Facebook.

