



# YOGGA

*at Meadowbrook Farm*

## WINTER CLASS SCHEDULE

This class helps students, who are new to yoga, learn the basics for a solid yoga foundation and experienced yogis, an opportunity to practice the Ashtanga fundamentals. Instructor Stephanie Merrow breaks down yoga poses to give you the confidence and skills for alignment, breath work, strength and flexibility.

ALL LEVELS OF EXPERIENCE ARE WELCOME!

Please bring a yoga mat (block and strap encouraged).

Meadowbrook Farm is located at 1711 Boalch Avenue in North Bend.

**MONDAYS and WEDNESDAYS 6-7PM**

**Join anytime! Classes run January 2 to April 29.**

**\$10 drop-in or \$75/10 class punch pass; \$45/5 class punch pass.**

**Passes are valid for 12 months.**

