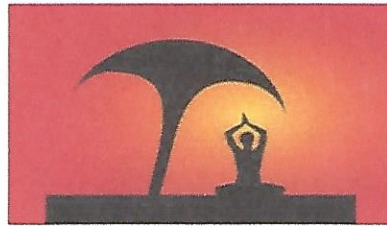
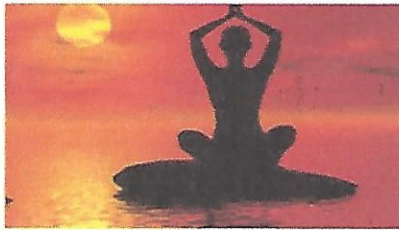




# Beginning Yoga

Aycock Recreation Center Multipurpose Room



These sessions are based on basic Yoga techniques to inspire physical, mental and spiritual peace from within through balance, stretching, and breathing.

**Bring your own Yoga Mat!**

**Fee:** \$1.00 (members)

\$2.00 (non-members)

Thursday nights from 6:15pm-7:00pm

January 3 – March 28, 2019

Instructor: Beryle Lewis



For more information contact:

Lauren Newlin at (252) 438-3160 or

[lnewlin@ci.henderson.nc.us](mailto:lnewlin@ci.henderson.nc.us)



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Henderson Vance

The mission of the Henderson-Vance Recreation & Parks Department is to provide safe facilities, quality services, programs that are affordable, open and friendly, to enrich the overall quality of life for all residents.

<http://ci.henderson.nc.us/departments/recreation-and-parks/>