



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

September 5 - November 21, 2019

No Class October 17, 2019

Instructor: Beryle Lewis



For more information contact:

Lauren Newlin at (252) 438-3160 or

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Find us: 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/>