

# Morning Yoga

## **Class Description:**

Start your day with this energizing slow vinyasa flow. In this class you will match the breath with movement to create some heat in the body for better digestion and create strength for the muscles, flexibility for the joints and balance for the mind and body. ALL physical abilities are welcome! Please bring a yoga mat, all other props are provided. Class will run for 6 weeks offering 12 one hour sessions and will meet at the Perry Park Center Meeting Room.

## **Class Information**

**Instructor:** Debbie Ramer

**Where:** Perry Park Center

**When:** January 3 - February 9

**Day:** Tuesday & Thursday

**Time:** 6:30 - 7:30 a.m.

**Fee:** \$35.00 members / \$40.00 guests



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*Plant your family here.*

**Contact:**

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