



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RELAX STRETCH RECONNECT

Hatha Yoga SCHUYLKILL YMCA

Yoga encompasses gentle stretching and strengthening done in a relaxed and mindful manner. Helping you develop your mind-body connection and enhance your sense of wellbeing

- Register at front desk or by phone
- Free for members; \$5 for non-members

WHEN: Thursday
TIME: 7:30 to 8:30 PM
LOCATION: SCHUYLKILL YMCA
520 N. Centre St.
Pottsville, PA 17901
570 622 7850

