

GROUP FITNESS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

“OH MY ACHY BACK” RESTORATIVE YOGA

Mind/Body Workshop

Sunday, March 17
10:30-11:30 am

Restorative yoga promotes healing through the release of stress, tension and anxiety. Stress often stores in hips, backs, necks and shoulders. You'll rest supported by pillows and blankets in poses designed to open tense areas in your spine.

What to Bring

Pillow and blanket.

Fee for Session

Member: Free | Community: \$10

Register

No need to sign-up. Just show up, bring a friend and be ready to de-stress!

Renew. Relax. Rebalance.

GENEVA LAKES FAMILY YMCA • 203 S. Wells Street • Lake Geneva, WI 53147 • GenevaLakesYMCA.org • 262.248.6211