

# *lisa filippine* yoga



## MONDAY : SLOW FLOW YOGA

Beginner friendly classes for adults that helps to increase mobility, strength and flexibility through standing, seated and supine yoga postures. No experience necessary.

**\$10 PER CLASS (CASH, VENMO, PAYPAL)**

**LOCATION: AMERICAN LEGION POST 194**

**601 BROAD STREET, FLORENCE**

**(BASEMENT ROOM)**

**6:30-7:30 PM**



## THURSDAY: GENTLE YOGA

A beginner friendly class for adults that helps to increase body mobility and strength through postures that are done both seated and lying down. These gentle postures are held for an extended period of time to give the body an opportunity to open and release. No experience necessary.

**FREE (SPONSORED BY FLORENCE TOWNSHIP RECREATION COMMITTEE)**

**LOCATION: 69 MAIN STREET, ROEBLING**

**6:30-7:30PM**