



Fall Yoga Class 2024

This one-hour group yoga session consists of mindful and intelligent movements that strengthen and lengthen the body. Focusing on the breath, while gently building strength and safely opening the body, our intention is to feel more connected and move more freely throughout our days. This is the mind, body and spirit connection where small efforts can yield profound results. Poetry, reflection questions and universal wisdom may be incorporated.

If you have a physical or medical condition, you should consult with your healthcare provider before participating in this class.

Class Details

- What: Fall Yoga (all ages and levels welcome)
- When: October 23 - December 18, 2024 (Every Wednesday except November 27)
- Time: 9:00 - 10:00 A.M.
- Cost: \$80 (Eight classes)
- Where: Mind & Spirit Counseling Center, 8553 Urbandale Ave, Urbandale, IA

Instructor: Heather Stuyvesant

For more information please contact:

Chris Waddle cwaddle@mindspiritcenter.org or Phone: 515-868-7172.

To register, please [click this LINK](#).