

YOGA FOR EVERY BODY

Now at the library!

Everyone welcome, no previous experience with yoga required!



Where: Southern Wasco County Library, Maupin, OR

Or join class **on Zoom** (All classes are live-streamed also); to join, email canyonwrenwellness@gmail.com to request to be on the list to receive the link for each day's class.

Cost: as a program of the Library, there is no fee. If you would like to make a donation to offset the library's cost, however, feel free to make a donation at the library, or via PayPal at canyonwrenwellness.com/yoga (scroll to the bottom for the PayPal button, and choose one if the "class card" option amounts)

Bring: yoga mat (or towel) **Wear:** loose, comfortable clothing or stretchy workout wear .

Fall & Winter Schedule, 2022-2023

Fridays, 9:00 to 10:00 a.m. "Low and Slow" . For all ages and all levels of experience. Longer holds of supported stretching. All poses can be done on floor or in a chair.

Mondays, 9:00-10:00 a.m. "Yoga Flow" A flow-style sequence of standing and floor poses for strength, balance and flexibility. Also for all ages and levels of experience.

Questions? Call or email instructor **Donna Henderson** at **503-510-3789**, or Library Director **Valerie Stephenson** at **541-395-2208**