

*This flyer is being distributed by the School District as a community service to students and parents for information purposes only. This program is not affiliated with nor endorsed in any way by the School District.*



**City of Peekskill Recreation**

**Presents**



# **YOGA and WELLNESS**

**with**

**INNER BEING LLC**

**at the**

**Neighborhood Center**

**4 Nelson Ave. Peekskill**



***A creative, dynamic, and grounding form of yoga that uses breath to link physical yoga postures. Postures are sequenced in a way to help increase flexibility, strengthen and tone muscles, and allow you to tune in to your body's own rhythm.***

**Days / Times:** Thursdays 6:00 – 6:45pm

**Dates:** Session 1: Jan. 25—March 21 no class 2/22

Session 2: March 28—May 23 no class 4/4

**Eligibility:** Peekskill Residents, ages 12 and up

**Cost:** \$85 (Parent/Child Pair \$100.00) MUST Register prior to class.

Register on line:

**<https://www.cityofpeekskill.com/parks-and-recreation/pages/online-registration>** or call the Recreation office at 914-734-7275



Please dress comfortably, bring a mat and water.

***Program will develop mindfulness, awareness, and overall wellness***



*This flyer is being distributed by the School District as a community service to students and parents for information purposes only. This program is not affiliated with nor endorsed in any way by the School District.*



**City of Peekskill Recreation**

*Presents*



# ***FAMILY YOGA & WELLNESS***

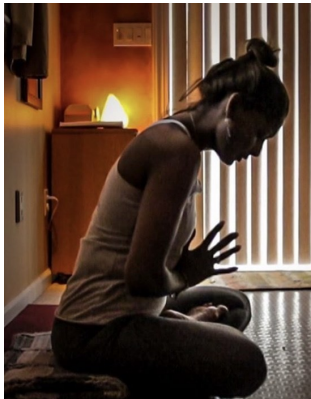
***with***

***INNER BEING LLC***

***at the***

***Peekskill Middle School***

***212 Ringgold St. Peekskill***



***A creative, dynamic, and grounding form of yoga that uses breath to link physical yoga postures. Postures are sequenced in a way to help increase flexibility, strengthen and tone muscles, and allow you to tune in to your body's own rhythm.***

**Days / Times:** Saturdays 10:00am – 10:45am

**Dates:** Session 1: Jan. 20—March 16 no class 2/24

Session 2: March 23—May 18 no class 4/6

**Eligibility:** Peekskill Residents, **ages 5 and up**



**Kids under 12 must be accompanied by an adult.**

**Cost:** \$86 per person      Parent /Child Pair: \$100

**MUST Register prior to class. Register on line:**

**<https://www.cityofpeekskill.com/parks-and-recreation/pages/online-registration> or call the Recreation office at 914-734-7275**



**Please dress comfortably, bring a mat and water.**

***Program will develop mindfulness, awareness, and overall wellness***

