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.*
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

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.