

Yoga with Becca



Deepen your Hatha Yoga practice as we explore Bhakti and Karma Yoga through meditation and postures.

All levels and bodies welcome!

**Thursdays
6:45 - 8:00 pm**



Class is \$8.00 per participant. All participants must be Recreation Center members or pay the daily guest fee plus the rate of the class.

**Ask Becca about her
new special: 5 classes for
only \$25.00!**

Feel free to contact Becca with any questions at 910-228-3412 or visit www.rebeccaniamtu.webs.com

