

YOGA

with

SHEENA

All Levels Yoga ~ Whether you've been practicing for years or this is your first experience with yoga, this class will offer options to honor your practice. Postures to practice breath, as well as strengthen and promote flexibility. Moving through sun salutations, warrior poses, and many others, you'll leave class feeling strong and at peace.

Located at the DWP
600 Nevada Way
Bring Yoga Mat
\$12 Drop in
Friday 8-9AM - All levels yoga



March 4, 11, 18 & 25	\$36
April 8, 15, 22 & 29	\$36
May 6, 13, 20 & 27	\$36
June 3, 10, 17 & 24	\$36
July 1, 8, 15, 22 & 29	\$45
August 5, 12, 19 & 26	\$36



Instructor Sheena Stewart stumbled into a yoga class a handful of years ago, and was hooked! It is such a beautiful balance of strength and flexibility, exertion and releasing. Sheena loves connecting body and mind, and it's a practice she continues to work on.

She received her RYT (Registered Yoga Teacher)-200 hour certification, and hopes to bring students to a place of happiness, gratitude, and self love on their mats; honoring where they are in their practice.



Boulder City Parks and Recreation Department
900 Arizona Street 702-293-9256

Call to register