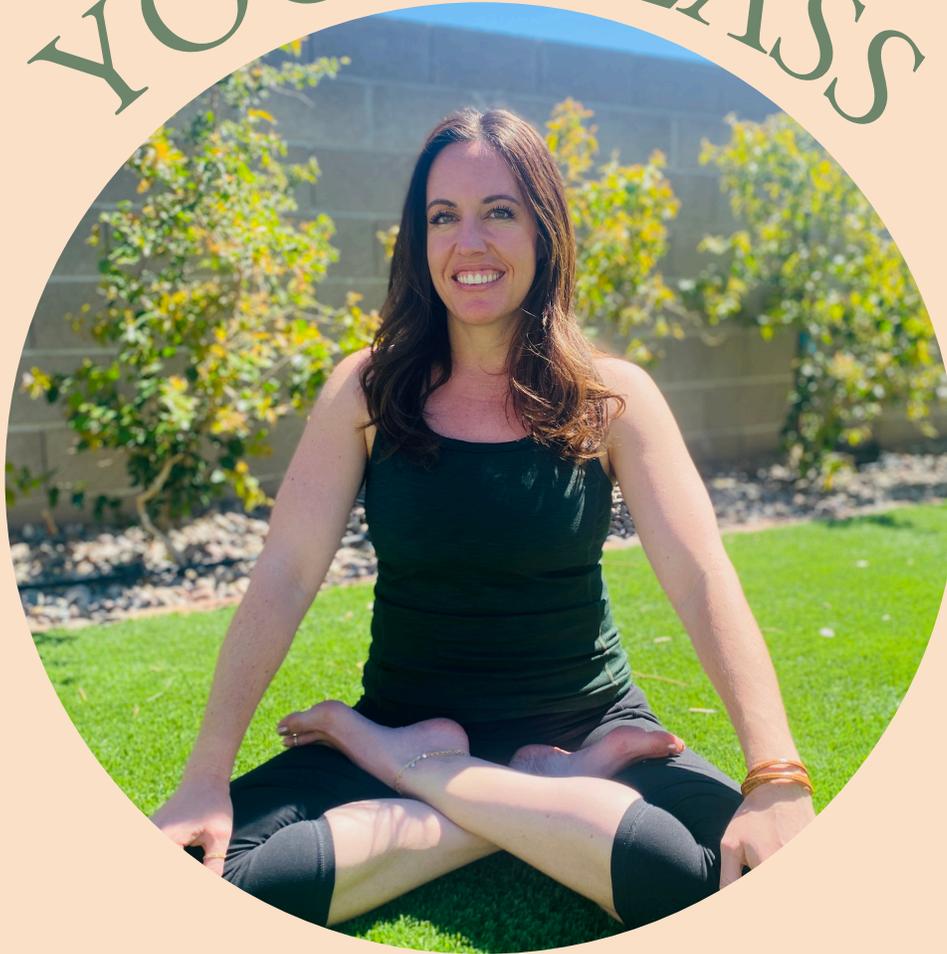


YOGA CLASS



WITH SHEENA



Friday 8am-9am
DWP ~ 600 Nevada Way

September \$36

October \$45

November \$27

December \$27

January \$45

February \$36

No class 11/28 and 12/26

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. **Bring your own yoga mat**



Boulder City Parks & Recreation
900 Arizona St. 702-293-9256

