

Health, healing & beyond

YOGA *with* LYN



age 10+

location ABC Park Admin. #2
801 Adams Blvd.

fee \$12 per 1-hr class 1xs per week
\$10 per 1-hr class 2xs per week

1:1 fee \$50 per 1-hr session

day/time Wednesday 10-11am
Saturday 10-11am

YOGA WITH LYN classes are for everyone at any skill level. These classes give individual attention, adapting the practice to meet the students needs. This practice can help with arthritis, chronic pain/aches, headaches/migraines, back care, stress/anxiety, hypertension, insomnia and more. Teacher LYN BANAS is a Certified Yoga Therapist by the International Association of Yoga Therapist, with 13,000+hrs of teacher/therapist experience.

***Please contact Lyn to discuss your needs
920-827-6426 or banas.lyn@gmail.com***



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

Sign up now!