

Spring Community Education Classes at FACE

Yoga Levels 1/2



May 3 - June 7

Tuesdays

5:30 - 6:45 pm

Teacher: Kate Seubert
In Multipurpose Room

Let's come together to reset our breath, our body, and our mind. Yoga conditioning with an emphasis on functional movement, strength and balance. Wear comfortable clothes. Yoga mat required. yoga strap, two blocks, and 1 blanket suggested.

Contact FACE: (510) 793 - 6465

[To Register for YOGA Click Here:](#)