



**HARRISONVILLE**  
Parks & Recreation



# ***GENTLE YOGA***

**MONDAYS & WEDNESDAYS | 8-9AM**

**FREE TO MEMBERS / \$6 DAY PASS NON-MEMBERS**

*A RESTFUL PRACTICE THAT HOLDS POSES FOR A LONGER DURATION USING PROPS. EMPHASIZES DEEP RELAXATION AND MEDITATION.*

**INSTRUCTOR: MACKENZIE HEENEY**