



HARRISONVILLE
Parks & Recreation



VINYASA YOGA

TUESDAYS & THURSDAYS | 9-10AM

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

STRINGING YOGA POSES TOGETHER THROUGH MOVEMENT AND BREATH. VINYASA WILL INCREASE FLEXIBILITY, STRENGTH, STABILITY AND CALMNESS.

INSTRUCTOR: MACKENZIE HEENEY

816.380.8980 | www.HarrisonvilleParks.com