

Grafton Parks and Recreation



Hatha Yoga

This yoga practice will explore the alignment-based hatha style while infusing yin, restorative, and vinyassa. Focus will also be on mind body connection and breath work for a complete wellness experience.

Instructed by Heidi Roberts.

Monday

September 26 - December 12, 2022

6:45 - 7:45 p.m.

Robert P. Zaun Pavilion, Lime Kiln Park, 2020 S. Green Bay Road

Resident \$46.00 Non Resident \$69.00

**Register online at graftonrecreation.village.grafton.wi.us
or at the Grafton Parks and Recreation Department,
675 N. Green Bay Road.**