

**GRAFTON PARKS AND RECREATION**

# **GENTLE FLOW YOGA**

**Wednesdays**

**October 19 - November 30, 2022**

**(No class November 23)**

**5:15 - 6:15 p.m.**

**Residents \$23.00    Non residents \$35.00**

**Grafton Multipurpose Senior Center  
1665 7th Ave.**

This class is great for beginners! This class is designed to revitalize the body, relax the mind and reduce stress.

Accessible movements are created to maximize blood flow to the body with an emphasis in breath work.

Register online at [graftonrecreation.village.grafton.wi.us](http://graftonrecreation.village.grafton.wi.us) or contact the Grafton Parks and Recreation Department at 262-375-5310.