

# yoga class

with

## SHEENA

Friday 8am-9am

DWP



Mar 3, 10, 17, 24, 31 \$45

Apr 7, 14, 21, 28 \$36

May 5, 12, 19, 26 \$36

June 2, 9, 16, 23, 30 \$45

July 7, 14, 21, 28 \$36

Aug 4, 11, 18, 25 \$36

**Drop in fee \$12**



Instructor **Sheena Stewart** stumbled into a yoga class a handful of years ago, and was hooked! It is such a beautiful balance of strength and flexibility, exertion and releasing. Sheena loves connecting body and mind, and it's a practice she continues to work on. She received her RYT (Registered Yoga Teacher) 200 hour certification, and hopes to bring students to a place of happiness, gratitude, and self love on their mats; honoring where they are in their practice. Bring your own yoga mat



BOULDER CITY PARKS & RECREATION

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