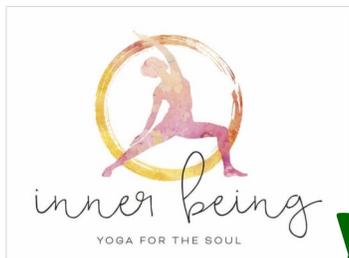


This flyer is being distributed by the School District as a community service to students and parents for information purposes only. This program is not affiliated with nor endorsed in any way by the School District.



City of Peekskill Recreation

Presents



YOGA and WELLNESS

with

INNER BEING LLC

at the

Neighborhood Center

4 Nelson Ave. Peekskill



A creative, dynamic, and grounding form of yoga that uses breath to link physical yoga postures. Postures are sequenced in a way to help increase flexibility, strengthen and tone muscles, and allow you to tune in to your body's own rhythm.

Days / Times: Thursdays 6:00 – 6:45pm

Dates: Session 1: Jan. 25—March 21 no class 2/22

Session 2: March 28—May 23 no class 4/4

Eligibility: Peekskill Residents, ages 12 and up

Cost: \$85 (Parent/Child Pair \$100.00) **MUST** Register prior to class.

Register on line:

<https://www.cityofpeekskill.com/parks-and-recreation/pages/online-registration> or call the Recreation office at 914-734-7275



Please dress comfortably, bring a mat and water.

Program will develop mindfulness, awareness, and overall wellness



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City of Peekskill Recreation

Presents



FAMILY YOGA & WELLNESS



with
INNER BEING LLC
at the
Peekskill Middle School
212 Ringgold St. Peekskill



A creative, dynamic, and grounding form of yoga that uses breath to link physical yoga postures. Postures are sequenced in a way to help increase flexibility, strengthen and tone muscles, and allow you to tune in to your body's own rhythm.

Days / Times: Saturdays 10:00am – 10:45am

Dates: Session 1: Jan. 20—March 16 no class 2/24

Session 2: March 23—May 18 no class 4/6

Eligibility: Peekskill Residents, ages 5 and up



Kids under 12 must be accompanied by an adult.

Cost: \$86 per person Parent /Child Pair: \$100

MUST Register prior to class. Register on line:

<https://www.cityofpeekskill.com/parks-and-recreation/pages/online-registration> or call the Recreation office at 914-734-7275



Please dress comfortably, bring a mat and water.

Program will develop mindfulness, awareness, and overall wellness

