



JANUARY 8TH 2019 YOGA

All Levels Yoga

Join us for an all levels vinyasa flow yoga class. The benefits of yoga include relaxation and increased flexibility. The class consists of breathing exercises, meditation, asanas and relaxation period.



Every Tuesday at
430pm

First Floor in the
Marketplace at
Steamtown

Starting January
8th, 2019

All levels
welcome

MINDFULNEPA

First Floor Marketplace at
Steamtown

570-342-8434

Tuesdays at 430pm