



Yoga is a 6 week course designed for beginners and up. We will gently explore basic poses focusing on breathing techniques and alignment principles. Come experience how yoga can change your life!

Mondays from 6-7pm • 6 Week Session Beginning Sept. 9th

Classes to be offered at the Pittsylvania County Community Center

6 week session for \$60 • Bring your own mat

Pre-register at Pittsylvania County Parks and Recreation Community Center or pay when the class begins.

Instructor: Jerusha Mann-Kazmier

Jerusha Mann-Kazmier, MS, RYT-200Hr has a master's degree in kinesiology and a bachelor's degree in exercise physiology, in addition to her yoga teacher training in CA. She has been practicing and instructing for over 15 years at colleges, private studios, corporate gyms, and addiction treatment centers.

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For more information, please call (434) 432-7736,
email recreation@pittgov.org or visit our website.

