



What is Hatha Yoga?

Hatha Yoga is the practice of physical yoga postures. Hatha practices are designed to align and calm your body, mind, and spirit. This class is appropriate for all levels of experience from beginners to advanced!

<i>WHEN</i>	<i>TIME</i>	<i>INSTRUCTOR</i>
Tuesday's & Wednesday's	5:30pm	Maggie Tucker
Thursday's	6:30pm	Tom Olive



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