

# Introduction to Yoga

## at Freedom Park

**When:** 5/22, 5/25, 6/1, 6/5, 6/8, 6/12, 6/15 & 6/19  
**Where:** Freedom Park—small pavilion  
**What Time:** Monday & Thursday, 10-11am  
**Cost:** \$80  
**Bring:** water bottle, yoga mat (limited mats available)

Want to build muscle strength?  
Improve balance and posture?

Looking to increase flexibility?

Interested in sleeping better?  
Want more energy?



Join Dana Lucas, RYT, and learn the basics of yoga in a non-judgmental environment surrounded by the beauty of Freedom Park.

Register in the LaGrange Recreation Office beginning March 1st. Cutoff date is Wednesday, May 10th. Minimum class size: 5 participants.

Must be resident of one of the following towns: LaGrange, Beekman, East Fishkill, Pleasant Valley, Poughkeepsie, Union Vale or Wappinger

LaGrange Parks & Recreation: 845-452-1972

[www.lagrangeny.gov](http://www.lagrangeny.gov)

