

MORE!

Free Community Yoga

Sponsored by South Peninsula Hospital Community Health & Wellness and the Southern Kenai Peninsula Resilience Coalition



When: 6 PM - 7 PM on Wednesday evenings in May (May 4, 11, 18 & 25)

Location: SPARC (South Peninsula Athletic & Recreation Center) - 600 Sterling Hwy, Homer

Teacher: Asia Freeman

Cost: Free!

What to bring: Yoga mat (some will be available), layers, water bottle

Target Audience: YOU! All abilities welcome

Masks are optional (but encouraged), participants will self-attest to screening questions before entry and be spaced 6' apart.

Explore a combination of yoga and Pilates for strength, core stability, balance and flexibility.

This class is accessible for all levels as long as you can sit on the floor, stand, and lie down independently.

Bring a yoga mat and a yoga block if you have one.



Teacher: Asia Freeman