

YOGA in the PARK

Every Tuesday
May 29 - July 10

(no class July 3rd)

5pm – 6pm

**Memorial Park
Shell Lake, WI**

Calming Yoga for All
Bodies, Abilities and Ages

Learn and practice:

- Yoga postures to shift stress, anxiety and panic
- Quick and easy breathing techniques to use anywhere at any time

Beginners welcome! Step-by-step guidance will be provided on what to do. Join any or all sessions! Bring a towel, blanket or yoga mat.

Comfortable clothes with stretch are recommended. Bottled water and snacks provided.

*Om Sweet
Om Yoga LLC*

Instructor Qualifications:

Lorrie Blockhus, Owner & Founder of Om Sweet Om Yoga LLC

Core Strength Vinyasa Trained

YogaFit Level 1 Certification

2,400 teaching hours in Hatha Yoga, Vinyasa Yoga, Yin/Restorative Yoga, and Meditation