



COMMITTEE
DENISE TAVANI, CHAIR
MATTHEW TINARI
CHRISSEY CRAWFORD
AGNES TURNER
MICHAEL BRUNO
TRIS GATES-BONARIUS, FITNESS



Vinyasa Flow Yoga-All levels

Taught by Certified Yoga Instructor Elizabeth Reede, Yoga Alliance RYT 200
Sundays at 10:00-11:00 am

Wee Wah Park & Beach Club

Yoga helps to quiet thoughts and unify the mind and body. Whether an already avid practitioner, or just rolling out your mat for the first time, it is my mission to create a welcoming and supportive community to freely explore and develop a yoga practice unique to each participant.

Vinyasa or Flow Yoga is a blend of meditation, breathwork and energizing movement. We will begin with gentler poses to warm up the body, then add on progressively more challenging flowing sequences.

The physical and mental benefits of yoga are well documented, and it is my hope through teaching to support those who wish to practice with the goal of feeling safe, calm, and strong in your body.

Cost per class: \$20

This class is for village residents, members & non-members of the WWP&BC.

Please pay 48 hours in advance to Venmo @Elizabeth-Reede
Bring your mat, water bottle, and any props you might need.

All inquiries should be directed to Elizabeth at elizabethreede@icloud.com