

Health, healing & beyond

# YOGA *with* LYN



age 10+

location ABC Park Admin. #2  
801 Adams Blvd.

fee \$12 per 1-hr class 1xs per week  
\$10 per 1-hr class 2xs per week

1:1 fee \$50 per 1-hr session

day/time Wednesday 10-11am  
Saturday 10-11am

**YOGA WITH LYN** classes are for everyone at any skill level. These classes give individual attention, adapting the practice to meet the students needs. This practice can help with arthritis, chronic pain/aches, headaches/migraines, back care, stress/anxiety, hypertension, insomnia and more. Teacher LYN BANAS is a Certified Yoga Therapist by the International Association of Yoga Therapist, with 13,000+hrs of teacher/therapist experience.

***Please contact Lyn to discuss your needs  
920-827-6426 or [banas.lyn@gmail.com](mailto:banas.lyn@gmail.com)***



Boulder City Parks and Recreation Department  
900 Arizona Street 293-9256

**Sign up now!**