

# YOGA

with

# SHEENA

**All Levels Yoga** ~ Whether you've been practicing for years or this is your first experience with yoga, this class will offer options to honor your practice. Postures to practice breath, as well as strengthen and promote flexibility. Moving through sun salutations, warrior poses, and many others, you'll leave class feeling strong and at peace.

**Located at the DWP**  
**600 Nevada Way**  
**Bring Yoga Mat**  
**\$12 Drop in**  
**Friday 8-9AM - All levels yoga**



<b>Sept 3, 17 &amp; 24</b>	<b>\$27</b>
<b>Oct 1, 8, 15, 22 &amp; 29</b>	<b>\$45</b>
<b>Nov 5 &amp; 12</b>	<b>\$18</b>
<b>Dec 3, 10 &amp; 17</b>	<b>\$27</b>
<b>Jan 7, 14, 21 &amp; 28</b>	<b>\$36</b>
<b>Feb 4, 11, 18 &amp; 25</b>	<b>\$36</b>



**Instructor Sheena Stewart** stumbled into a yoga class a handful of years ago, and was hooked! It is such a beautiful balance of strength and flexibility, exertion and releasing. Sheena loves connecting body and mind, and it's a practice she continues to work on.

She received her RYT (Registered Yoga Teacher)-200 hour certification, and hopes to bring students to a place of happiness, gratitude, and self love on their mats; honoring where they are in their practice.



**Boulder City Parks and Recreation Department**  
**900 Arizona Street 702-293-9256**

**Call to register**