

# Beyond Gentle Yoga

**May 9<sup>th</sup>**

(register by 5/6)

**June 13<sup>th</sup>**

(register by 6/10)

**July 11<sup>th</sup>**

(register by 7/8)

**August 8<sup>th</sup>**

(register by 8/5)

**All sessions are 9:00a - 9:45a**  
**\$8 per person/per session**

**Check in at the Grain Valley  
Community Center Front Desk at 8:45a**

**Please bring  
your own mat  
or blanket**



**Presented by:**



**GRAIN VALLEY**  
MISSOURI  
PARKS AND RECREATION

Scan here  
to register



**Beginner-friendly!**  
**No experience needed!**

