

Free Yoga Class offered at Big Rapids Library

[Big Rapids, MI] July 13, 2018 | To promote physical activity to Big Rapids residents, a free yoga class will be offered at the Big Rapids Community Library on July 19th from 8:30 am- 9:30 am. This demonstration will provide participants with knowledge of basic yoga moves. The class is suitable for all abilities. The class will be taught by Lisa Sandin of Heart and Sole Yoga.

Participants should wear comfortable clothes. A yoga mat will be provided for every participant.

Pre-registration is required by July 17th, 2018. Participants may call Sally at 231-355-7529 to register.

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