

Free Intro to Yoga Class

A free introduction to yoga class will be Tuesday, Sept. 8, from 6:30-7:15 p.m. in the lower level of Union City Hall.

This class will introduce the theory of yoga plus exercises and breathing techniques to improve health.

Participants should wear comfortable clothing in layers. Some mats are available and space is limited, so people should preregister at 636-583-8471.

Arrival at 6:15 is recommended to allow the instructor to answer any questions and concerns.
