

NEW EVENING YOGA CLASS

At Lehigh Valley Active Life

1633 West Elm Street, Allentown, PA

Tuesdays and Thursdays—Starting February 4, 2020

5:30—6:30 p.m.

\$3.00 per class or \$5.00 for twice a week

Call 610-437-3700 to register in advance. Drop ins also welcome.

Led by Tiffany Steltzman, Certified in Vinyasa Yoga



Level 1 Yoga Flow - Beginners Welcome

Come join us for an hour Yoga Flow class where we will breathe, relax and flow through yoga poses incorporating breath to ease the mind and unwind. This class will be great if you just want to relax after a long day at the office or the everyday tasks of life.

Arrive 15 minutes early to practice deep breathing.

