

**Yoga For Stiff People (level 1-2)** New to Yoga? Afraid to be on the mat next to “gumbie”, when you can hardly touch your knees??? Then this is the class is for you! This gentle yet effective approach to yoga will open your body up through the use of breathing, props and a variety of modifications to time-tested yoga postures. This class will help you feel “at home” on the mat, and aid you in becoming aware of how to move your body through the practice with ease and comfort. Class is one hour long, and is taught by Ardith Talbott.