

YOGA



BREATHE . STRETCH . STRENGTHEN . RELAX

All levels lunch hour yoga classes at the youth center!

This class is open to Nisqually Tribal and community members only.

Please space the yoga mats 6 feet apart. Vaccination and masks are required.

Modifications are offered throughout the classes. Beginners welcome!

Classes are taught by Michelle Pugh, owner of Joonbug Yoga.

Contact Kareem Gannie at (360) 455-5213 ext. 1275 for more information.

CLASSES RESTART ON FEBRUARY 7TH, 2022!

**MONDAYS
& WEDNESDAYS
AT NOON AT THE
YOUTH CENTER!**



joonbugyoga
www.joonbugyoga.com