

# Yoga



Tuesdays  
at 5:30 p.m.

at the Nisqually Youth and Community Center  
1937 Lashi St S.E. Olympia, WA 98513

## Class Description

Experience balance and harmony through a gentle yoga practice designed for all levels of experience to release tension, reduce stress and promote relaxation with emphasis on breath work and nurturing the body. Our 60 minute class introduces gentle stretching and strengthening movements that are combined with basic breathing exercises to increase flexibility, balance, centeredness and well-being. We end class with a guided meditation to ease into the evening.

joonbugyoga 

BREATHE • STRETCH • STRENGTHEN • RELAX

Michelle Pugh, Owner 200 Hour E-R.Y.T.

[www.JoonbugYoga.com](http://www.JoonbugYoga.com)

