

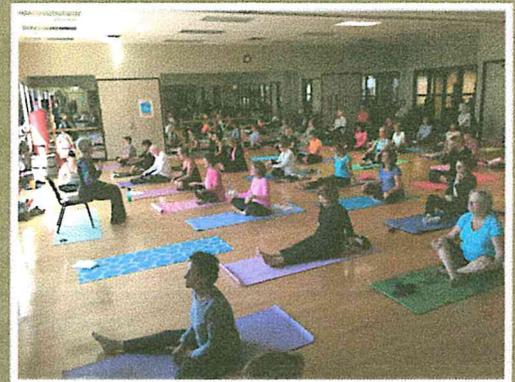
YOGA AT CITY HALL

TUESDAYS 6:30 pm

Starting 9/13!

\$3 PER CLASS

CLASS IS HELD IN THE COUNCIL CHAMBERS- ELEVATOR ACCESSIBLE



YOGA FOR ALL
LEVELS OF
EXPERIENCE

Martha Danielson was introduced to yoga in the 70's and in 2006 she began formal training as a yoga instructor. Trainings have continued through all levels of yoga. Before moving to Lindsborg she taught yoga at the Las Vegas Athletic Club and at the YMCA's in Las Vegas where she also served as a personal trainer and diabetes prevention coach.



for further information contact City of Lindsborg Recreational
Department

or marthadoesyoga@yahoo.com 702-279-6429