

Finding Balance: Yoga for Grownups

Thursdays 4:25—5:25 at Kirby Hall

\$10 drop in classes

\$45 for 5 classes

\$85 for 10 classes

This all-level yoga class for Kirby Hall parents and teachers will focus on stress reduction, using traditional breathing techniques and postures to improve balance, flexibility, and strength.

Beginners are welcome.

Because of Open Houses in early September, we will start on September 25th.

Email Kelly at kelly_stokes@khs.org.



Kelly Stokes, Kirby Hall's own Librarian, has been practicing yoga for 3 years. Yoga has blessed her in many ways, including injury recovery, weight loss, increased strength, and stress reduction. Kelly is thrilled to be able to share the benefits of yoga with her Kirby Hall family.

Kelly is a graduate of the Yoga Yoga Teacher Training program and is a certified Hatha Yoga instructor.