



COMMUNITY YOGA

Saturdays @ 8:00am and Thursdays @ 5:30pm

Whether it's your first time on the mat or you've been practicing for years, join Ashley at Roscoe Township Community Center in Founders Park as she leads you through the basics of yoga. This 6-week series is designed to explore and improve overall flexibility, mobility, strength, and balance with emphasis on alignment, prop use and breathwork.

Message or email Ashley to register early. Drop ins welcome.

*Bolsters, straps, and blocks are provided but you are encouraged to bring your own if you have them!

**60 MIN HATHA
INSPIRED FLOW**

**ADAPTABLE FOR ALL
BODY TYPES, AGES
AND SKILL**

***PROPS PROVIDED
JUST BYO MAT**

**MINORS UNDER 16
MUST BE
ACCOMPANIED BY AN
ADULT AND MATURE
ENOUGH TO
PARTICIPATE**

\$10 PER CLASS

ASHLEY RASMUSSEN

Yoga Instructor

Find on Instagram or
Facebook

IG: a.marie.ras

Email:
ashleyziegelbauer@gmail.com