

# YOGA FOR EVERYONE



**WHEN: EVERY MONDAY**  
**Nov 6 through Dec 18, 2023**  
**Chair Yoga 9am-10am**  
**Gentle Flow Yoga 10:30am—1130am**

**WHERE**  
**Lawton Community Center**

**315 Ash St, Lawton IA 51030**  
**Phone: 712-944-5960 ·**

**BRING YOUR OWN MAT & WATER BOTTLE**

**WEAR COMFY CLOTHES**  
**(DOESN'T HAVE TO BE FANCY YOGA PANTS!)**

**YOGA INSTRUCTION: RHONDA BRIGGS (500RYT)**

**ALL AGES**  
**WELCOME**

**COST**  
**\$5 per class**  
**No sign up required**

**No experience required**  
**Bring a mat, a water bottle,**  
**wear some comfy clothes'**  
**and give it a try!**

**BENEFITS**  
**Your body & mind**

**Never tried yoga before?**  
**That's ok, Rhonda will walk**  
**you through it.**