

# Winter/Spring Yoga

Lake Johnson Park: Thomas G Crowder Woodland Center



## All Levels Yoga

Unwind the body and mind after a long day with Yoga! In this class we'll develop strength, flexibility and focus. We'll start with conscious breathing and gentle stretching then progress to more active fluid yoga practice. Expect to be gently challenged and to leave feeling refreshed, relaxed and centered.

Modifications for poses will be offered so students can work at the appropriate level for them. All levels of yoga experience welcome. Certified yoga instructor: Jenny Turnage.

Resident: \$60 / Non-Resident: \$75

Thursdays 6:30 - 7:30pm

#249246 Jan 9 - Feb 13

#249247 Feb 27 - Apr 2

#249248 Apr 16 - May 21

## Therapeutic Renewal Yoga

Ages: 16+ Stretch. Breathe. Release tension. Thought you could not do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques and relaxation practices. TJ Martin is a registered yoga teacher at the 500-hour level and an integrative yoga therapist and has been a yoga instructor for Pink Ribbon Yoga Retreats since 2005.

Resident: \$80 / Non-Resident: \$95

Tuesdays 9:30 - 11am

#248318 Mar 10 - Apr 28



PARKS, RECREATION  
AND CULTURAL  
RESOURCES

Lake Johnson Park  
Thomas G Crowder Woodland  
Center 5611 Jaguar Park Drive  
Raleigh, NC 27606  
919.996.3141  
raleighnc.gov/parks