

## Yoga



### Yoga - Summer Saturdays

Sponsored by Holland Recreation Division and Holland Hospital. Join us bright and early in Kollen Park every Saturday this summer. All ages, all abilities welcome. Bring your own mat. Dress in layers for ultimate comfort.

This year's class schedule is as follows:

June 11 - August 13, 2011 (No class on July 2nd)

Saturdays: 7:45 - 8:30 AM **Sunrise Yoga**

These classes are FREE of charge, so don't miss your chance to exercise your mind and your body.

***Don't forget to stop at the Holland Farmer's Market to pick up your healthy snacks!!!***

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