Beginners Deep Stretch Yoga Classes

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Created *Jun 9 2010 - 5:27pm*
Location: Longview Yoga 2500 Judson Rd Ste G (next to Blockbuster Video)
Date: June 9, 2010
Start & End Time: 9:00am - 10:00am
All Day Event: No

Learn Deep Stretch Beginners Flow Yoga with Karen Higgins. The cost is $50 or $70 including the Foundations class. This class will run from June 12th to July 17th. Be sure to bring along a yoga mat and a water bottle with you. This class is for ages 13 and up. For more information, please call 903-237-1270.

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