



# Gentle Yoga

No charge for our adult customers engaged in any agency program

## DETAILS

Yoga encourages participants to work at their own level while increasing mental flexibility and compassion

Mondays 1:00-2:00 pm  
The Yoga Studio at  
Lee Carlson Center

**Classes are available on a first come basis.**  
**Instructor: Kari Griffin, Registered Yoga Teacher**



**Lee Carlson Center™**  
FOR MENTAL HEALTH & WELL-BEING

**763-780-3036**

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