
PARKS AND RECREATION DIVISION

FOR IMMEDIATE RELEASE

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Grinnell Hall Introduces Gentle Yoga

May 31, 2023 -- Grinnell Hall Senior Center is introducing a new gentle yoga class with a demonstration being held at 1 p.m. Monday, June 12.

Learn about the practice of yoga, meet the instructor and practice some gentle and modified yoga poses and movement. You don't need to have yoga props for this intro and demo. Come breath and move with mindfulness with us!

Gentle yoga classes will be held at 1 p.m. Mondays beginning June 26 for 6 weeks. Experience the benefits:

- Practice meditative and gentle modified yoga postures and movement.
- Learn how to practice yoga in a safe and therapeutic manner.
- Explore using your awareness, breath and props to support your posture and movement for increased vitality and ease in your body, mind, and heart.

A \$2 donation is requested per class.

Instructor Jamie Ackley is a somatic practitioner certified in yoga instruction and massage therapy with over 20 years of experience teaching in clinical and community settings. She loves to find creative and therapeutic ways to make yoga accessible, supportive and fresh.

The demonstration is open to the public at no charge. Register for the program by calling Grinnell Hall at 608-364-2875. Grinnell Hall is located at 631 Bluff St. Beloit, WI 53511.

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