



Free Community Classes

at Cascade Yoga!

Our free community classes will run on Sundays from 10:00 - 11:00 am through May, 2012. Classes will be taught by students in the Prairie Yoga Teacher Training program. Certified teachers will also be assisting.

Class Dates:

January 8 + 22

February 5 + 26

March 18 + 25

April 22 + 29

May 20 + 27

