



Relax, enjoy, and have fun attending this 75 minute **YOGA Class** accessible to **Yogis of all levels including beginners!**

This practice includes static postures, mindful breathing at a manageable pace.

Practitioners should have some yoga experience but need not be experts! Options will be given to increase intensity for more advanced practitioners, making this class a great

YOGA WITH RENNIE

Rennie holds the following instructor certifications:
300 hours-Hatha Yoga,
100 hours-Chair Yoga.



Join a virtual yoga session with Rennie, a Marty's Place volunteer, to benefit our senior dogs.

Instagram—@yogaren



March 28, 2021

11:00am—12:15pm EST via ZOOM

Suggested Donation: \$25

For questions, registration, and to arrange payment email: rennie.rankin@gmail.com

