



Twilight Yoga

Come and experience Twilight Yoga at the Station.

Learn how to progress through a variety of slow flow Yoga movements to encourage strength and balance. Twilight Yoga will also provide great restorative meditation techniques for stress relief.



The Station in Moore - 700 S Broadway, Moore, OK



Wednesday at 5:45 p.m.



Free for Station Passholders

Daily drop-in rate: \$6 per class for Moore residents
(\$7.50 for non-residents)

For more information contact Buster Bread, Fitness Manager,
at (405) 793-5090, or email bbread@cityofmoore.com.

