

Summer Yoga at Unity



5:30 - 7:00 PM Wednesdays
Beginning/Continuing Yoga
starts June 24

Yoga
with
Donna

Summertime is a time for spacious views, breathing room, and recommitting to your highest self and well-being. **Yoga with Donna** is gentle practice, moving through the basics, and grounding us in the Now. Plenty of time for breath and reflection in each pose, as well as careful instruction, to allow you to deepen each pose to your own level. It's always the right time in life to start or restart your yoga practice!

I'm excited to get back to teaching yoga at Unity again-- where I taught my first class, which continued for here for about 8 years! It's

Contact
Donna at
683-7664
to register or
find out more
about the
class.

Tuition:
10 classes \$90
or prorate what you can
commit to,
and drop in at \$10



Donna O'Neil, RYT is a certified and registered yoga teacher, who has been teaching yoga in Eugene since 1995. Donna has a wide range of experience in teaching to all levels. Her teaching is inspired by Anusara and Ananda

Unity of the Valley
*in the Fillmore Room,
3912 Old Dillard Road,
Eugene OR 97405*

