



Jennifer Culver
Yoga Instructor & Life Coach

Intimidated by Yoga?
Learn the Basics [Here](#)

Try it out **FREE** here
& expand your horizons

Over 20 FREE
Classes Jan 9—31

FREE “Beginner” Yoga in **January at Wautoma Library**



Max 10 Students per Class - Sign Up at Library Desk

Morning Classes:

Monday, Tuesday & Thursday 9:00—10:00 am

Afternoon Classes:

Thursday 11:30 am —12:30 pm & 3:00—4:00 pm

Evening Classes:

Tuesday 5:30—6:30 pm

**Yoga Mats
Provided**

**Stay After for Coffee and Tea
with Jen**