



Calling all Yoga Enthusiasts

At its heart, Yoga is a spiritual system of self-discovery, enlightenment, and a path toward greater mind-body-soul connection, health, and inner balance.

Walker Lake is proud to offer Yoga class taught by Valerie Mitchell

Classes will be held on Saturdays and Mondays on the beach or in the clubhouse depending on weather and clubhouse availability.

Classes will begin on Saturday, May 25th. Saturday classes are at 9am and Monday classes are at 7pm.

You will need to wear comfortable clothes and bring a yoga mat.

Classes will be held:

Saturday, May 25, June 1, 8, 29, July 13, 27, August 3, 24

And on

Monday June 17, July 22, August 19

And on

These two dates listed below are beach only, if raining no class.

Saturday, June 22 & Saturday, August 10th

Fee: \$10.00 per class for members and \$15.00 for non-members (5 person minimum).

You must RSVP to Wllassociation@gmail.com or call 570-296-7788 to reserve your spot.