

Restorative Yoga

Saturday, May 13

8:00am-9:30am

Free for members

Day pass fee for nonmembers

Studio B

Great for *all* runners and levels of *Yoga!*

The combination of gentle and deep restorative work improves range of motion and joint mobility while reducing pain and the effects of stress.

Owned and Operated by
Fargo Park District:



For more information:

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