

# PORTLAND

## PARKS, RECREATION & FACILITIES

— RECREATION —



## REICHE COMMUNITY CENTER GENTLE KRIPALU YOGA

### **KRIPALU YOGA!**

Take time to breathe, stretch, and strengthen your body in this gentle Kripalu Yoga Class. Defined as the yoga of compassionate self-awareness, Kripalu yoga gives us a chance to tune into our body's needs, and moves in ways that honor those needs. You'll learn breathing techniques, postures, flowing sequences, and have fun. Whether you're new to yoga or have been practicing for years, Alice Ruvane will help you get what you need from practice!

REICHE COMMUNITY  
CENTER

166 Brackett Street  
Portland, ME

(207) 874-8873

[www.portlandmaine.gov](http://www.portlandmaine.gov)

Tuesday Nights  
6pm-7pm  
Jan.30—Feb. 20

### COST:

Full Session (8 wks)  
\$54- Resident  
\$64- Non-Resident

DROP IN  
\$9- Resident  
\$10- Non-Resident

Strengthen your  
body & mind!