



Beginning Level Yoga/Meditation - Monday

Beginner's series with warm-ups, beginning asanas and breathing exercises to start a yoga and meditation practice. Call 262-241-7887 to register for package.

Continuing Yoga/Meditation - Monday

A weekly yoga group practice focusing on women's health. An opportunity to share our strengths, develop yoga postures, breathing, concentration and meditation skills to support life cycles and change. Yoga background required. Call 262-241-7887 to register for 5 week packages.

Continuing Yoga/Meditation - Tuesday

8 Week Continuing yoga for those with a yoga foundation. Includes intermediate to advanced asanas, pranayama, concentration and relaxation techniques to enhance meditation. Call 262-544-4411 to register.

Beginning Level Yoga/Meditation - Tuesday

Beginning level Hatha Yoga, for all ages and body types. Essential breathing, relaxation techniques and asanas to introduce you to the path of yoga.

UWM, Yoga for Stress Management – Thursday/Friday

UWM, College of Health Sciences, Dept of Human Movement Sciences offering yoga practices for managing daily stress. Learn hatha yoga basics, relaxation techniques and meditation as options for gaining inner strength and mastery over troublesome habits, feelings and thoughts. For all ages and body types. Register as student through admissions, or audit class as non-student for special rate, call Outreach Office, 227-3123.

Restorative Yoga – Friday

Gentle, Restorative Yoga on chairs, for those with physical limitations or balance issues due to long-term illness, injuries or degenerative disease. Adapted to each person's capacity. Open to the community.

Call or email for registration info at (414) 333-9676 or [email](#)