

**Name of Class:**

Gentle Yoga

**Contact/Instructor Name:**

Ikumi Eichelberger

**Contact Information:**

[ikumi.eichelberger@gmail.com](mailto:ikumi.eichelberger@gmail.com)

**How to Register:**

No registration needed.

**Cost:**

Monthly pass \$25 or Drop-in \$8

Additional cost is applied for non-MTA member(+\$1)

**Date of Class:**

Every Thursdays

**Time of Class:**

(effective March 2019) 8:00 am - 9:00 pm

**Location of Rec Center:**

Mililani Rec Center 6, Room 2

**Description of Class:**

Gentle Yoga

A slow-paced class focusing on breathing, basic postures and simple meditation. Open to all level especially for those who are new to Yoga. Throughout the practice you will find balance, strength, and calmness. Please bring your own mat.

