



18 East 22nd St.
Kearney, NE 68848-1180
(308) 233-3214
www.cityofkearney.org

CITY OF KEARNEY **PRESS RELEASE** ***For Immediate Release***

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Point of Contact: Marty Browne, Recreation Coordinator, 308-233-3862

Breathe & Flow Yoga

The Kearney Park and Recreation Department is currently accepting registration for Breathe and Flow Yoga classes. Brittany Beckman, a Certified yoga instructor with The Yoga Alliance, will guide participants through various movements during this four-week Ashtanga based class. Classes will be conducted from 7:00 p.m. -7:45 p.m., at Harmon Park Activity Center, for people age 16 and older. The following sessions are available: Session #1: Mondays, June 3-24; Session #2 Wednesdays, June 5-26. Cost of the class is \$55 per session. Additional sessions are available in July. Enrollment is limited. To register or for more information, call 308-237-4644, or sign up online at KPRreg.org.

Check out our website at www.cityofkearney.org.

We are sending this News Release as a service to the news media and citizens of Kearney.