



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

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[www.cityofkearney.org](http://www.cityofkearney.org)

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## **Adult Yoga Classes**

The Kearney Park and Recreation Department is currently taking registrations for yoga classes. Sessions include Gentle Flow and Prana Flow. Gentle Flow Sessions (\$42) are held May 7 to June 4 (no class 5/28) or July 29 to August 30 on Sundays from 5:30 p.m. to 6:15 p.m. Prana Flow (\$35) is held May 15- to June 5 (no class on 5/29) or July 10 to July 24 on Mondays from 6:20 p.m. to 7:15 p.m. All classes are held at the Harmon Park Activity Center. The classes are taught by Beth Reynolds, certified Hatha Yoga Teachers and registered with the Yoga Alliance. To register or for more information stop by the Park & Recreation Office at 2005 1st Avenue, or call 308-237-4644, or sign up online at [www.KPRregister.org](http://www.KPRregister.org).

**Check out our web site at [www.cityofkearney.org](http://www.cityofkearney.org)**

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

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