



YOGA CLASSES



Join yoga instructor and founder of *Beyouniquorn LLC*, Torian Jones, in a Hatha and Kemetic yoga experience to bring awareness to the community of various methods of self care and to help others reclaim their power within. This class will incorporate breathing, meditation, movement and mindfulness to create a holistic yoga experience fit for all ages.

General Population Yoga:

124 South St

Tuesdays: 5:30 PM—6:30 PM

Wednesdays: 5:30 PM—6:30 PM

Fridays: 6PM—7PM

Saturdays: 1:30 PM—2:30 PM

Youth Yoga:

124 South St

Mondays: 4:30 PM—5:30 PM

Senior Yoga:

1328 Zion Hill Rd

Tuesdays: 12 PM—1 PM



For more information, please contact the Farmville Recreation Dept. at (434) 392-3737 or email: twoodson@farmvilleva.com. The Town intends to comply with the Americans with Disability Act, should you need special accommodations, please contact the Farmville Recreation Dept.

