



Yoga for Every BODY

Tammy Kita has been practicing yoga for more than 2 decades. Having begun her yoga journey at an East Penn Community Education class, her practice has gradually but steadily grown in depth and breadth, diversity of style, and commitment to yoga's many benefits. She received her 200 hour Yoga Teacher Training certificate in 2021. She is a high school teacher and has been instructing a weekly after-school yoga class for fellow teachers for the past 3 years. As a mom of three, she knows how challenging it can be to find nuggets of time and space to nurture and take care of ourselves.

The 6 week Kalmbach session, **Yoga for Every BODY**, offers a chance to begin to explore (or *continue to explore*) yoga as a lifelong practice available to **ALL**, no matter your age, gender, weight, degree of flexibility, or current strength. Start where you are and step forward from there. Find and gain confidence in your body, joy in your movement, and an increased sense of calm and clarity in your mind.

[SIGN UP HERE](#) or GO to Kalmbachpark.com

Meeting for 6 weeks on Tuesday Evenings

April 23, 2024 through May 28th, 2024

From 6:30PM -8:00PM in the barn at Kalmbach.

Bring a yoga mat and a water bottle

Wear comfortable clothing in which you can easily move

Open and welcoming to all: from those who have never stepped foot on a mat before to those who have a steady yoga practice.

Class is first come first serve, space is limited.