

Yoga on the Veranda/Banquet Dining Room

with instructor Robyn Collier from Lifted Up Yoga & Wellness

~Every Wednesday~

10:00am-11:00am

\$5 per person (Please bring cash or check.)

On the Veranda overlooking the golf course

*All levels welcome~Men & Women ~ Please bring your own mat

email graymere@graymerecc.com to sign up!

Sign up today!!!!



Here is a message from instructor Robyn Collier:

I went into my first yoga class kicking and screaming thinking yoga would be chanting and so boring. Thankfully, I was wrong!!!! Even though I could not do some of the most basic poses, I loved the way I felt after class. Throughout the years, I continued my practice, became a certified instructor, and created Lifted Up Yoga & Wellness. My specialties are functional yoga suitable for beginners, exercise for the aging and Parkinson's, and creating days you look forward to. I have taught at several studios and private lessons including NFL and NBA players.

You can also find me at several fitness centers in the Columbia area.

Yoga isn't just a physical practice on the mat. Your body and mind will thank you.

Find your happy today!

-Robyn

Did you know Yoga can increase your driving distance by 40 yards?

With the increased mobility in your spine, you will be able to hit the ball further!