

# Jeanne Limmer Dance Center & The Branch

*An extension of the JLDC*

## Ongoing Yoga Classes Starting July 24th

### Open Level Yoga:

**Tuesdays at the  
Jeanne Limmer  
Dance Center from  
9:30-10:45am**

Thoughtfully guided to meet the needs of each participant at any stage and level of their practice, from brand-new beginner to experienced yogi. Class is focused on physical postures, breathing techniques and meditation to encourage strength building, flexibility and stress reduction. Regular practice of this class promotes greater health and well-being.

### Express Yoga:

**Tuesdays at the  
Jeanne Limmer  
Dance Center from  
11-12pm**

Open to all levels of experience and includes all the elements of a 75 minute class, with the added benefit of fitting into one's busy schedule.

**and Thursdays at  
The Branch from  
7:30-8:30pm**

Registration preferred at least 24 hours in advance for all classes. Email [oreillyyoga@gmail.com](mailto:oreillyyoga@gmail.com) to register. Cash and checks accepted.

## All Levels Welcome!

Private and Semi-Private Yoga Sessions also available. Please contact for details.

Want to suggest a class time? Submit your request via email!

**Located at the Eastern Slope  
Plaza, 24 Reporter Court**

**\$10 per class | Registration Preferred | Walk-ins  
Welcome**

*Cash and checks accepted*

To register, email [oreillyyoga@gmail.com](mailto:oreillyyoga@gmail.com)

