



All New FREE Yoga Classes

Stallion Springs CSD with White Wolf Wellness Foundation is

bringing boutique quality yoga to Stallion Springs twice monthly beginning in January 2019. *Classes are *free* to all participants and the program is funded by a grant from Kern Behavioral Health and Recovery Services. Participants will enjoy all-level yoga instruction with one of White Wolf's highly qualified instructors and can work to enhance their health, wellness and movement with this new program. For more information, please visit:

WhiteWolfWellness.org or follow them on Instagram at @whitewolfwellness."

Classes in Stallion Springs will be the first and last Wednesday of each month from 6:30pm-7:30pm. First class will be Wednesday January 30th. *Call 822-3268 Ext 222* for more info.

