

YOGA

Free
Classes

Every Wednesday at 3:30 PM



- Open to the public and non-veterans.
- Beginners welcome! No previous experience needed.
- Spare yoga mats are available, or bring your own. Yoga can also be done from a chair.

Yoga led by Justin Wohlford

Questions?

Call or Text: 402-650-2890

Email: levi.wohlford@gmail.com

**VETERANS
YOGA
PROJECT**
Mindful Resilience



 **AMERICAN
LEGION**

11690 S 216th St, Gretna, NE 68028