

# Morning Yoga

Event Date

Weekly on Thursday at 4:00pm until Thu, Apr 25 2024

Recent

- Thu, Apr 25 2024, 4 - 5pm

Open-level yoga with plenty of modifications for beginner to intermediate experience. You will learn several poses and proper alignment of the body. We will incorporate the eight limbs of yoga and increase strength, flexibility, and peace of mind.

## Related Links

- [Register Here!!](#)

## Directions

Address

2200 Walnut Street  
Granger, IA 50109  
United States

[View in Google Maps](#)

**41.764053755075, -93.822158575058**