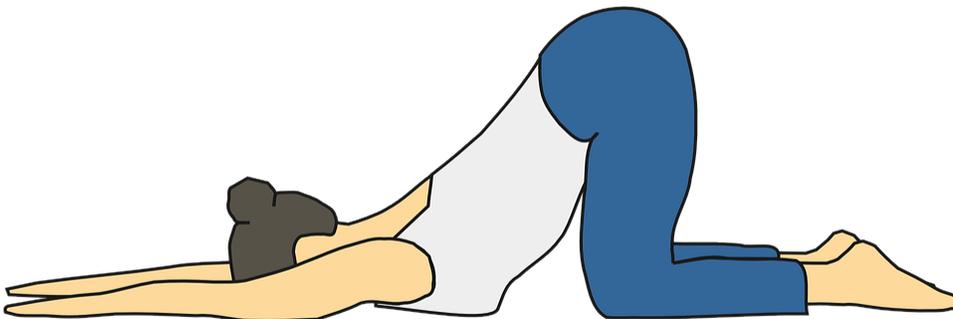


FREE YOGA CLASSES

Gail Fowler, owner of Yogail in Belhaven, will be teaching yoga classes to Hyde County residents this Spring. Classes will be held at the Mattamuskeet Senior Center on Thursdays at 5:30 p.m. starting April 19.

A Yoga Alliance-certified instructor, Gail has been practicing yoga since 1980. She completed 300 hours of study in New Jersey and Mexico and has been teaching for five years.



**Mattamuskeet
Senior Center
160 Juniper Bay
Road, Swanquarter**

**Thursdays,
5:30pm**

**April 19, 2018
April 26, 2018
May 10, 2018
May 17, 2018
May 24, 2018
May 31, 2018**

BRING A MAT



Questions? 252-926-4399

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