

Relax your mind and  
energize your body

# Outdoor "Zen" Yoga With Heather Schneider

Thursday  
Evenings  
7:00-7:45 pm

Beginning  
June 4th

Join us at the  
Japanese Gardens  
3300 11th Ave S  
Grand Forks, ND

(weather permitting)  
Call 746-2790

Enjoy the elements in the  
Japanese Gardens while  
you become  
one with nature.

Don't forget your yoga mat.

**FREE**  
for Members

**\$5.00/class**  
for non-members



***Moving*** toward a healthier Grand Forks