

# Level ONE

Yoga



All Levels Welcome Modjeska Community Center  
Monday & Wednesday | 9:00 am to 10:30 am

Instructor: Linda Trumfheller

More info: [linda@yogamamas.com](mailto:linda@yogamamas.com)

Fifteen years of teaching experience.  
Bring a mat, towels and blocks.

**Pre-Paid:** \$100 for 10 classes  
\$55 for 5 classes

**Drop-In:** \$12 for 1 class