The Town of Ocean View

Yoga Classes

Tuesdays & Thursdays
8:30 a.m. to 9:30 a.m.
(No Classes Nov. 26 & Dec. 24)

Class meets in the Community Center
(32 West Avenue - adjacent John West Park)
Free Parking!

Instructor – Barbara Popiel
A Traveling Yogi
Licensed & Insured

Class Content
Breathwork · Meditation · Vinyasa Class

Required Equipment
Yoga Mat/Towel, Water Bottle & Open Mind

$10/Class – Cash or Venmo



OceanViewDe.gov