Yoga, Pilates and QiGong Classes Offered Through New River

[LEWISBURG, WV] New River Community and Technical College has partnered with Lewisburg Yoga Center to offer classes in Yoga, Pilates and QiGong at a reduced rate for October.

Students registering through New River will have unlimited access to classes at the Yoga Center located at 110-B South Court Street in Lewisburg, for only $75.

These classes include Vinyasa Yoga, characterized by a focus on dynamic connecting postures that create a flow between the more traditional yoga postures; Pilates, which teaches awareness of breath and alignment of the spine and aims to strengthen the deep torso muscles; and QiGong, a meditative practice which uses slow graceful movements and controlled breathing techniques.

To register, please call 304.647.6570 or 304.793.6101 before Sept. 28. Class size is limited and pre-registration is required.

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