



YOGA CLASSES FOR EVERY BODY

STARTING OCTOBER 7

NEW!

EARLY BIRD YOGA

Start your day with gentle warm-ups and energizing poses in a routine designed to relieve tension, build strength, improve flexibility and send you calmly into your day.

Tues/Thurs OR Weds/Fri 6:00 AM - 6:45 AM

\$12/week x 4 weeks = \$48 for October session

(One Month Minimum Enrollment)

BEGINNING YOGA

Thursdays, Oct 9-Nov 20, 5:00 PM - 6:15 PM

In this general overview of yoga, you will practice gentle stretching postures targeting those areas that accumulate stress throughout the day (neck, shoulders, lower back).

Learn about correct posture and breathing patterns as you relax and move in the poses.

INTERMEDIATE YOGA

Tuesdays, Oct 7-Nov 18, 5:00 PM - 6:15 PM

Build on the basics of yoga, practicing classical postures and adapting them to your needs. Previous yoga experience is needed for this class.

INSTRUCTOR: PEG TOLIVER
CALL 467-3220 TO ENROLL

REGISTRATION & PAYMENT DUE BY OCT 6

HEALTHY ARTS PHYSICAL THERAPY
120 N. MAIN
EUREKA, IL 61530

in the Eureka Professional Bldg across from Courthouse
1/2 block north of Intersection of US 24 & Rt 117