



DAVID CRENSHAW PT, CPI, CYT
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CLASS OPPORTUNITIES

as of July 29, 2008

BEGINNING YOGA

Learn basic postures with an emphasis on developing correct postural alignment, mobility in the joints and improved muscle tone. These simple movements paired with breathing and mental imagery will help you to release stress and feel refreshed at the end of the day.

Thursday, August 28, 2008 from 5:00 - 6:15 P.M.

Cost = \$60.00 for 6 weeks, 1 session per week

Taught by Peg Toliver, M.A. Certified Yoga Instructor

INTERMEDIATE YOGA

Tuesday, August 26, 2008 from 5:00 - 6:15 P.M.

Cost = \$60.00 for 6 weeks, 1 session per week

Taught by Peg Toliver, M.A. Certified Yoga Instructor

ANATOMY OF YOGA WORKSHOP

Learn the joint alignment fundamentals of Yoga

Saturday, September 6, 2008 from 9:00 - 12:00 noon

Cost = \$30.00

Taught by David Crenshaw PT, CYT, CPI, RYT

To answer your questions or register for one of the classes
call Healthy Arts Studio at 309.467.3240
or e-mail healthyartspt@yahoo.com