

NEW YOGA SESSION LAUNCHES AUGUST 23, 2011



Early Bird Yoga

Tues/Thurs 6:00-6:45 AM

August 23, 25, 30, September 1, 6, 8, 13, 15, 20

COST: \$6 per session x 9 classes = \$54

Awake and Unwind! Yoga

Tues/Thurs 7:00-7:45 AM

August 23, 25, 30, September 1, 6, 8, 13, 15, 20

COST: \$6 per session x 9 classes = \$54

Morning Yoga Class Description:

Start your day moving in this class designed to strengthen bones and muscles, support good alignment in the joints and flexibility in the connective tissues. Increase your energy level while remaining centered with a healthy sense of balance as you launch into your work day. Appropriate for beginners and beyond. Instructor: Peg Toliver

Minimum enrollment: 5 people; Maximum 9 people. Wear comfortable clothes. All yoga props are provided at the studio.

Gentle Yoga for Every Body

Tues 3:30-4:30 PM

August 23, 30, Sept 6, 13, 20

COST: \$8 per session x 5 classes = \$40

An hour for stress-release--unwind in this class which will focus on slow movements to release tension and increase flexibility in the spine, hip and shoulders. Instruction will be offered to address individual needs. Appropriate for beginners and those with therapeutic concerns. Instructor: Peg Toliver

Minimum enrollment: 5 people; Maximum 9 people. Wear comfortable clothes. All yoga props are provided at the studio.

HOW TO ENROLL

To Save Your Space in Class, Call NOW to enroll: (309) 467-3220

Payment for enrollment in each session is due by the Monday before the session begins. To make payment you may stop by the office at 120 N. Main St, across from the courthouse in Eureka. Or call in with your credit card number to (309) 467-6075.

Payment to: Healthy Arts Physical Therapy.

www.healthyartspt.com

120 N. Main St (across from the Courthouse)
Eureka, IL 61530 (309) 467-3220