



# Yoga Classes

**Enroll Now for Yoga with Peg Toliver**  
**Nov 29-Dec15, 2011**

Join us at Healthy Arts as we move into the holiday season. Close out 2011 with a routine to keep you healthy and happy during this busy time of the year.

## **Early Bird Yoga** Tues/Thurs 6:00-6:45 AM

November 29, Dec 1, 6, 8, 13, 15

COST: \$6 per session x 6 classes = \$36

## **Awake and Unwind! Yoga** Tues/Thurs 7:00-7:45 AM

November 29, Dec 1, 6, 8, 13, 15

COST: \$6 per session x 6 classes = \$36

### **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

November 29, Dec 6, Dec 5

COST: \$8 per session x 3 classes = \$24

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.

**TO ENROLL: CALL 309-467-3220**

Your payment will hold your space in class. To make payment, stop by the office at **120 N. Main Street** across from the courthouse. Make checks payable to Healthy Arts. Or call in with your debit/credit card at 309-467-3220. Payments are due by November 28. Our class size is limited to a maximum of 9 people. We appreciate hearing from you soon!!