



2011 Fall Yoga Classes

Session II starts October 4

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

Oct 4 - November 15

COST: \$6 per session x 13 classes = \$78

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

Oct 4 - November 15

COST: \$6 per session x 13 classes = \$78

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

October 4 – November 15

COST: \$8 per session x 7 classes = \$56

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.

CALL to Enroll:

Your payment will hold your space in class. To make payment, stop by the office at 120 N. Main Street across from the courthouse. Or call in with your debit/credit card.

Payments are due by the Monday before the session begins. For classes, wear comfortable clothes. All yoga props are provided at the studio.

Call NOW to Save Your Space in Class

309-467-3220

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