



## 2011 Winter Yoga Sessions

### **EARLY Early Bird Yoga RETURNS! Weds/Fri 6:00-6:45 AM**

January 7, 12, 14, 19, 21, 26, 28

**COST: \$6 per session x 7 classes = \$42 (enrollment occurs each month)**

Strengthen & Stretch in this class designed to create mobility and strength in the body, supporting good alignment in the joints, flexibility in the muscles and connective tissues, and increasing your energy level, leaving you with a healthy sense of balance as you start out your day. Instructor: Peg Toliver

### **Early Bird Yoga Tues/Thurs 7:00-7:45 AM**

January 6, 11, 13, 18, 20, 25, 27

**COST: \$6 per session x 7 classes = \$42 (enrollment occurs each month)**

Strengthen & Stretch in this class designed to create mobility and strength in the body, supporting good alignment in the joints, flexibility in the muscles and connective tissues, and increasing your energy level, leaving you with a healthy sense of balance as you start out your day. Instructor: Peg Toliver

### **Yoga for Every Body Tuesdays 5:30-6:30 PM**

Jan 11, 18, 25, Feb 1, 8, 15, 22 **COST: \$8 per session x 7 classes = \$56**

End your work day the right way! Strengthen, stretch and unwind in this class which is appropriate for any level of experience. Instruction will be offered to introduce alignment concepts to new students and reinforce principles of good posture and flexible movement for experienced yogis. Class closes with relaxation. Instructor: Peg Toliver

### **Yoga Slow Flow Wednesdays 7:30-8:30 PM**

Jan 12, 19, 26, Feb 2, 9, 16, 23 **COST: \$8 per session x 7 classes = \$56**

End your day unwinding in this class which focuses on releasing tension through movement sequences paced to your individual level of flexibility and strength. Instruction will be offered to introduce alignment concepts to new students and to help class members become aware of the ebb and flow of energy in their practice. Class closes with relaxation.

Instructor: Peg Toliver

**Payment for enrollment in each session is due** on the Monday before the session begins.

Minimum enrollment: 5 people; Maximum 10 people. Wear comfortable clothes. All yoga props are provided at the studio.

**Call NOW to Save Your Space in Class**  
**309-467-3220**