



Yoga Classes

Spring/Summer Schedule 2010

Classes will be held through June 24 and resume again in August; No classes during the month of July.

Monday & Wednesday Mornings

6 AM-6:45 – M&W Early Bird Class

Strengthen, stretch and learn to practice poses with stability and grace in this moderate class. **Price:** \$5/session with a 12 session punch card (card expires in 3 months) Single session fee is \$6.

8AM -8:45 - M&W Gentle Therapeutic Yoga

Learn individualized approaches to your posture concerns in this gentle class designed for those with rehabilitation issues or beginners with little physical work out experience. Adaptive props used for special needs. **Price:** \$5/session with a 12 session punch card (\$60 card expires in 3 months) Single session fee is \$6.

Thursday 5:30-6:30 PM – Yoga for Beginners & Beyond

Strengthen, stretch and unwind in this end of the day class. Appropriate for any level provided you can get up and down from the floor. for those with previous yoga experience. **Price:** \$8/session with an 8-session punch card (\$64 card expires in 3 months) Single session fee is \$9 for drop-in visitors.

To Enroll

call (309) 467-3220

or e-mail: healthyartspt@yahoo.com.