



## **Yoga Classes**

### **Winter Schedule 2010**

#### **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.

##### **6:55-7:55 AM - M&W Active Yoga Workout**

Active wake-up class for those with previous yoga experience. **Price:** \$8/session with an 8-session punch card (\$64 card expires in 2 months) Single session fee is \$9 for drop-in visitors.

##### **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.

#### **NEW TIME SLOT! 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](mailto:healthyartspt@yahoo.com).**