



## 2010 Fall Yoga Sessions

### Session I starts September 21

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

Sept 21, 23, 28, 30, Oct 5, 7, 12, 14

**COST: \$6 per session x 8 classes = \$48**

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

Sept 21, 28, Oct 5, 12 **COST: \$8 per session x 4 classes = \$32**

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

### Session II starts October 26

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

Oct 26, 28, November 2, 4, 9, 11, 16, 18 & 22

**COST: \$6 per session x 9 classes = \$54**

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

Oct 26, Nov 2, 9, 16, 22 **COST: \$8 per session x 5 classes = \$40**

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

**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**