



HATHA YOGA

HATHA YOGA COMBINES PHYSICAL CONDITIONING WITH MENTAL RELAXATION THROUGH CONTROLLED BREATHING WHILE IN A VARIETY OF YOGA POSTURES. IMPROVE JOINT FLEXIBILITY, MUSCLE ENDURANCE AND STRENGTH. PREPARE YOURSELF TO DEAL WITH THE STRESSES OF MODERN LIVING THROUGH THIS TIME PROVEN FORM OF EXERCISE. FOR FURTHER INFORMATION CALL MARTY @ 293-0224.

SESSION A: 10:15AM-11:15AM - JUNE 8, 2010 – AUGUST 10
10 WEEKS-\$60.00 @ BLOSSOM HEATH

SESSION B: 10:15AM – 11:15AM - SEPTEMBER 7, 2010 – NOVEMBER 9
NOVEMBER 2RD (ELECTION DAY) @ BLOSSOM HEATH
10 WEEKS - \$60.00 @ CIVIC ARENA

SESSION C: 10:15AM – 11:15AM – NOVEMBER 16, 2010– JANUARY 4TH, 2011
NO CLASS DECEMBER 21ND & 28TH
6 WEEKS - \$36.00 @ CIVIC ARENA

AGE: 16/YEARS & OLDER
TUESDAY MORNING

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE _____ AGE _____

SESSION: 312201: A _____ B _____ C _____