



# 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 – SEPTEMBER 6<sup>TH</sup>, 2011– NOVEMBER 8<sup>TH</sup>  
10 WEEKS-\$60.00 @ BLOSSOM HEATH

SESSION B: 10:15AM-11:15AM – NOVEMBER 15<sup>TH</sup>, 2011– JANUARY 3<sup>RD</sup>, 2012  
NO CLASS DECEMBER 20<sup>TH</sup> & 27<sup>TH</sup>  
6 WEEKS - \$36.00 @ BLOSSOM HEATH

SESSION C: 10:15AM-11:15AM – JANUARY 10<sup>TH</sup>, 2012 – MARCH 13<sup>TH</sup>  
10 WEEKS-\$60.00 @ BLOSSOM HEATH

AGE: 16/YEARS & OLDER

TUESDAY MORNING

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ AGE \_\_\_\_\_

SESSION: 312201: A \_\_\_\_ B \_\_\_\_ C \_\_\_\_