

# Spring 2018

# Yoga for Relaxation



**Wednesdays**

**April 18–May 30**

(6 week class) - No Class April 25

**Times:**

**6:30 to 7:30 PM or 7:40 to 8:40 PM**

(Code # 130401-S)

(Code# 130401-T)

This class is for anyone looking to add some calm to their day. It is appropriate for all levels and will be in the Hatha style of yoga. Class will focus on connecting the breath with movement and held positions in order to generate a sense of calm in the body. Each practice will end with a guided meditation to relax the mind as well. Please wear comfortable clothing and bring a yoga sticky mat and blanket to class.

**Fees Per Session:**

**\$41.00 Resident / \$46.00 Non-Resident**

**CRWC**  
CRESTWOOD RECREATION  
& WELLNESS CENTER

**5331 W. 135th Street  
Crestwood, IL 60445  
708-371-4810**



**Instructor: Beth Robinson**

**Instructor Bio—**

Beth has received her 200RYT training through Reflections Yoga Center. She is Yoga Alliance Registered, YogaFit Level 1 and Prenatal certified.

**DON'T WAIT—REGISTER NOW  
18 years and older  
PRE-REGISTRATION IS REQUIRED**