

WINTER 2019

Yoga for Relaxation



Wednesdays

January 9–February 13

(6 week session)

Times:

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

(Code # 130401-C)

(Code# 130401-D)

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 for the 6-Week Session:
\$41.00 Resident / \$46.00 Non-Resident**

CRWC
CRESTWOOD RECREATION
& WELLNESS CENTER

**5331 W. 135th Street
Crestwood, IL 60418
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**