

WINTER 2019 Yoga for Everyone

Mondays

February 4 – March 11

(6 week session)

Times:

6:00 to 7:00 PM or 7:15 to 8:15 PM

(Code # 331800-I)

(Code# 331800-J)



A great class for those new to yoga and those who want to continue their practice. We will be working in the Hatha yoga style in a fitness setting. Modifications will be given to accommodate all levels. Class includes breathing techniques, strengthening, stretching and meditation. Please wear comfortable clothing and bring a yoga sticky mat and a towel to class.



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.

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**

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