

SPRING 2020 Hatha Yoga

**Thursdays
April 23 – May 28**

(6 week session)

**Times:
9:00 to 10:00 AM**

(Code # 200123-A)



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 is an ERYT200 and RYT500. She received her 200 level training through Reflections Yoga Center and her 500 through Universal Spirit Yoga. Beth is also Prenatal Certified and is a Children's Registered Yoga Teacher through Global Family Yoga. She has over 1500 hours of teaching experience and is a lead teacher of yoga teacher training.

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**

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