

# SPRING 2020

## Yoga for Relaxation



**Wednesdays**

**March 18 – April 22**

(6 week session)

**Times:**

**6:30 to 7:30 PM or 7:45 to 8:45 PM**

(Code # 130401-U)

(Code# 130401-V)

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.



**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.

**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**