

Fall 2021

Yoga for Everyone

Mondays

September 13th — October 18th
(6 week session)

Times:

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

(Code # 331800-AA) (Code # 331800-BB)



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

Beth is an ERYT200 and RYT500. She received her 200 level training through Reflections Yoga Center and 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

www.CrestwoodFitness.com

DON'T WAIT — REGISTER NOW
18 YEARS AND OLDER
PRE-REGISTRATION REQUIRED

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

PLEASE DON'T USE THIS ONE

This class is for anyone looking to add some calm to their day. It is appropriate for all levels and will be in 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.



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