

# 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](http://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.**



**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.

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

**CRWC**  
CRESTWOOD RECREATION  
& WELLNESS CENTER

5331 W. 135th Street

Crestwood, IL 60445

708-371-4810

[www.CrestwoodFitness.com](http://www.CrestwoodFitness.com)

**DON'T WAIT — REGISTER NOW**

**18 YEARS AND OLDER**

**PRE-REGISTRATION REQUIRED**