

Yoga

Late Fall/Winter 2019



Believe in Us

Classes are open to all levels from beginner to experienced.
Each session will be tailored to the individual.

Please wear comfortable clothing, have an empty stomach and BYOM-
Bring your own yoga mat.

Class Instructor

Cindy has practiced yoga for over fifteen years and completed a year long, 200 hour teacher training + mentorship program at Tejas Yoga in Chicago. As a student and a teacher, Cindy's intention is to increase flexibility, strength and JOY in mind, body and spirit.

For more information visit :
www.awake4yoga.com

No Class Dates

Thurs, Nov. 28

Wed, Dec 25

Thurs, Dec. 26

Class Times:

Wednesday Mornings: 6:20 -7:20 am

Thursday Evenings: 5:00 - 6:00 pm

Saturday Mornings: 7:30 - 8:30 am

Yoga Registration Form

Return this form w/payment to the ARC. Place in mailbox at bottom of ARC stairs or bring to ARC office.

Name: _____

Home Address _____

Phone _____

Email Address (for ARC communication) _____

___ \$35 (5) class punch card

___ \$65(10) class punch card

___ \$80 (15) class punch card

___ \$8/per class Visitors/Drop In

OFFICE USE ONLY: _____ Date Paid _____ Check#/Cash _____ Database _____ Email Distribution List _____

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