

# YOGA

A five week session of yoga that can accommodate any level of experience. This class is lower paced with stretching and breathing exercises. This is a good place to learn basic poses and relaxation techniques

**MEMBERS: \$35.00 // NON MEMBERS: \$45.00 EVERY TUESDAY AT 7:15PM-8:45PM IN THE COMMUNITY ROOM. PLEASE BRING YOUR OWN MATS.**



**Session One: July 14- August 11**

**Session Two: August 18- September 15**

**Session Three: September 22- October 20**

**Session Four: October 27- December 1**

**INSTRUCTOR: BARBARA BURGESS**

**Chesterfield**  
FAMILY CENTER  
2511 W. Republic Road  
Springfield, MO 65807  
417-891-1616

**PLEASE REGISTER AT FRONT DESK OR ONLINE.**