

YOGA CLASSES



for Beginners

October 6th ~ November 10th

Tuesdays from 6:30 - 8 p.m.

in the Dance Studio @ JBCS

\$30 per 6 sessions

\$8 drop-in fee

Join Catherine and learn yoga techniques used to reduce stress, boost your metabolism, help build strength and flexibility while focusing on healthy rejuvenation of your mind, body and spirit. Beginners are most welcome!

Please bring a mat, blanket and wear comfortable clothing. Form fitting, stretch material is best because it moves with the body. We'll also be in bare feet.



*To register or for more info
call: Shannon @ 616.7984*

