



WELLBEING
Center FOR Health

REGISTRATION NOW OPEN!!

HATHA YOGA



- Veteran yoga instructor *Cecelia Ragsdale!*
- Spacious and welcoming community room.
- Based on Ananda Hatha yoga - rooted in the idea that anyone can do yoga.
- The sessions are hands-on, meaning that after demonstrating a pose, Cecelia will work with your form to ensure you get the best experience.
 - Sessions run for 10 weeks and are \$15 per class.
- Purchase the series for \$150 and receive a free yoga booklet!
 - Drop-ins also welcome at \$15 per class
 - Unlimited monthly classes \$75

Class times:

Monday 11:30am-1pm

Thursdays: 3 times available

9:30am-11am

12:30pm-2pm

6pm-7:30pm