

YOGA CLASSES

8 week program

Cost: $100

Limited to 12 participants

Slow Flow

Tuesday Evenings 5:30 to 6:30 pm

A slower pace class, mindfully moving and breathing through a series of poses.This class focuses on breath with movement and stretching to renew your body. All levels welcome.

Chair Yoga

Wednesday Afternoons 12 pm to 1 pm

A gentle and accessible form of yoga where traditional poses are modified to be performed while seated or using a chair for support. This class can help to improve flexibility, strength, balance and mental well-being.

Registration: Classes start approximately every 8 weeks.
Call the Wellness Center for the next enrollment period.

217.214.5858 or blessingwellnesscenter@blessinghealth.org

BLESSING Wellness Center



Instructor
Jamie Parrott, RYT 200