



# YOGA CLASSES

## Vinyasa

5 week program

**Tuesday Evenings 5:30 to 6:30 pm**

January 6 - February 3

Cost: \$50

Limit: 12 participants

## Slow Flow

5 week program

**Thursday Evenings 5:30 to 6:30 pm**

January 8 - February 5

Cost: \$50

Limit: 12 participants

## Chair Yoga

5 week program

**Wednesday Afternoons 12 pm to 12:45 pm**

January 7 - February 4

Cost: \$40

Limit: 12 participants

**Registration Deadline:** January 2 at 12 PM

**Registration:** 217.214.5858 or  
[blessingwellnesscenter@blessinghealth.org](mailto:blessingwellnesscenter@blessinghealth.org)

**B** *BLESSING*  
Wellness Center

Instructor  
Jamie Parrott, RYT 200

