



YOGA CLASSES

8 week program

Cost: \$80

Limited to 12 participants

Vinyasa

Tuesday Evenings 5:30 to 6:30 pm

This vigorous and energizing practice focuses on building strength, serenity, flexibility and balance. Emphasizing the linking of breath with movement. Beginners welcome, modifications always offered with every pose.

Chair Yoga

**Wednesday Afternoons 12 pm to 1 pm
& Thursday Evenings 5:30 to 6:30 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

B *BLESSING*
Wellness Center



Instructor
Jamie Parrott, RYT 200

