



# YOGA CLASSES

## Vinyasa

8 week program

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

February 24 - April 14

Cost: \$80

Limit: 12 participants

## Chair Yoga

8 week program

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

February 26 - April 16

Cost: \$80

Limit: 12 participants

## Chair Yoga

8 week program

**Wednesday Afternoons 12 pm to 1 pm**

February 25 - April 15

Cost: \$80

Limit: 12 participants

**Registration Deadline:** February 20 at 12 PM

**Registration:** 217.214.5858 or

[blessingwellnesscenter@blessinghealth.org](mailto:blessingwellnesscenter@blessinghealth.org)

**B** *BLESSING*  
Wellness Center

Instructor  
Jamie Parrott, RYT 200

