



YOGA CLASSES

Vin & Yin

8 week program

Wednesday Afternoons 12:30 to 1:00 pm

December 4 - January 29

Cost: \$40

Limit: 12 participants

Registration Deadline: November 22 at 3 PM

Registration: 217.214.5858 or

blessingwellnesscenter@blessinghealth.org



B *BLESSING*
Wellness Center

Instructor
Jamie Parrott, RYT 200