



# YOGA CLASSES

## Vinyasa

10 week program

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

February 18 - April 22

Cost: \$100

Limit: 12 participants

## Slow Flow

10 week program

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

February 20 - April 24

Cost: \$100

Limit: 12 participants

## Chair Yoga

10 week program

**Wednesday Afternoons 11:45 to 12:30 pm**

February 19 - April 23

Cost: \$75

Limit: 12 participants

**Registration Deadline:** February 14 at 3 PM

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

**B** *BLESSING*  
Wellness Center

Instructor  
Jamie Parrott, RYT 200

