



# YOGA CLASSES

## Chair Yoga

6 week program

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

May 7 - June 11

Cost: \$45

Limit: 12 participants

## Slow Flow

6 week program

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

May 8 - June 12

Cost: \$60

Limit: 12 participants

**Registration Deadline:** May 2 at 3 PM

**Registration:** 217.214.5858 or

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

**B** *BLESSING*  
Wellness Center

Instructor  
Jamie Parrott, RYT 200

