



YOGA CLASSES

Vinyasa

6 week program

Tuesday Evenings 5:30 to 6:30 pm

May 6 - June 10

Cost: \$60

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

Chair Yoga

6 week program

Wednesday Afternoons 11:45 to 12:30 pm

May 7 - June 11

Cost: \$45

Limit: 12 participants

Registration Deadline: May 2 at 3 PM

Registration: 217.214.5858 or

blessingwellnesscenter@blessinghealth.org

B *BLESSING*
Wellness Center

Instructor
Jamie Parrott, RYT 200

