



YOGA CLASSES

Vinyasa

8 week program

Tuesday Evenings 5:30 to 6:30 pm

August 19 - October 7

Cost: \$80

Limit: 12 participants

Slow Flow

8 week program

Thursday Evenings 5:30 to 6:30 pm

August 21 - October 9

Cost: \$80

Limit: 12 participants

Chair Yoga

8 week program

Wednesday Afternoons 11:45 am to 12:30 pm

August 20 - October 8

Cost: \$60

Limit: 12 participants

Registration Deadline: August 15 at 1 PM

Registration: 217.214.5858 or

blessingwellnesscenter@blessinghealth.org

B *BLESSING*
Wellness Center

Instructor
Jamie Parrott, RYT 200

