



# YOGA CLASSES

## Vinyasa

8 week program

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

July 8 - August 26

Cost: \$80

Limit: 12 participants

## Slow Flow

8 week program

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

July 10 - August 28

Cost: \$80

Limit: 12 participants

## Chair Yoga

8 week program

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

July 9 - August 27

Cost: \$60

Limit: 12 participants

**Registration Deadline:** July 3 at 3 PM

**Registration:** 217.214.5858 or

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

**B** *BLESSING*  
Wellness Center

Instructor  
Jamie Parrott, RYT 200

