



YOGA CLASSES

Vinyasa

8 week program

Tuesday Evenings 5:30 to 6:30 pm

October 28 - December 16

Cost: \$80

Limit: 12 participants

Slow Flow

7 week program

*Class will not be held on 11/27

Thursday Evenings 5:30 to 6:30 pm

October 30 - December 18

Cost: \$70

Limit: 12 participants

Chair Yoga

8 week program

Wednesday Afternoons 12 pm to 12:45 pm

October 29 - December 17

Cost: \$60

Limit: 12 participants

Registration Deadline: October 24 at 12 PM

Registration: 217.214.5858 or

blessingwellnesscenter@blessinghealth.org

B *BLESSING*
Wellness Center

Instructor
Jamie Parrott, RYT 200

