

# Yoga FOR wellness



**FEBRUARY 2018**  
**YOGA SESSIONS**

## **FAMILY YOGA**

**MONDAY, FEBRUARY 12 @ 6:30PM AT MINISTIK GYM**

Children must be 2+ and accompanied by an adult to participate

## **FAMILY YOGA**

**TUESDAY, FEBRUARY 20 @ 6:30PM AT MINISTIK GYM**

## **OPEN YOGA**

**TUESDAY, FEBRUARY 27 @ 7:00PM AT EPR**

14+ are able to attend this beginner style Hatha yoga class

**PLEASE DRESS COMFORTABLY. MATS WILL BE PROVIDED**



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### **FOR MORE INFORMATION CONTACT:**

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