

# Yoga FOR wellness



## JANUARY 2018 YOGA SESSIONS

**TUESDAY, JAN 16 @ 7PM**

**OPEN YOGA • MINISTIK**

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

**MONDAY, JAN 22 @ 6PM**

**FAMILY YOGA • MINISTIK**

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

**TUESDAY, JAN 30 @ 7PM**

**OPEN YOGA • EPR**

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

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



### FOR MORE INFORMATION CONTACT:

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