

Yoga FOR Wellness



SEPTEMBER 2017

PLEASE DRESS COMFORTABLY. MATS WILL BE PROVIDED.

SUN	MON	TUE	WED	THU	FRI	SAT
						1 2
3 Labor Day	4	5	6	7	8	9 10:30am Chair Yoga @ JRDC
10 7:30pm Open Yoga @ Arena Viewing Area	11	12	13 3pm Mindfulness Moose Yoga @ Ministik	14	15	16
17 6:30pm Family Yoga @ EPR	18	19	20 3pm Mindfulness Moose Yoga @ Ministik	21	22	23
24	25	26	27 3pm Mindfulness Moose Yoga @ Ministik	28	29	30 10:30am Prenatal Yoga @ JRDC Loft

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

Mindfulness Moose Yoga: Open to Ministik students (Grades 1-8)

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

Chair Yoga: Designed for those who prefer a more gentle practice off the floor

Prenatal Yoga: designed for expecting Mom's

(must have PAR-Med X form signed by doctor prior to participating)

No registration required. You will be asked to sign a Registration & Consent Form at each class you attend.

Contact:

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