



6 WEEK GENTLE/RESTORATIVE YOGA CLASS

Offered by Sheila Wells, RYT

TUESDAYS from 1:15 until 2:30

The next session begins on **Tuesday, January 17 and runs through Feb. 21**

Fee for 6 weeks: \$60 for member of The Club
\$90 for non-members

Walk-In: \$15.member/\$20.non-member

This class will be an in-depth exploration of yoga poses, breathing techniques and meditation, designed to soothe your soul and calm your nervous system. This class is appropriate for everyone, whether you are new to yoga or a seasoned practitioner.

Class size is limited to 20 participants

Sheila Wells has been teaching fitness for over 30 years, and yoga for 8. She is registered with the Yoga Alliance at the 200 hour level and is pursuing her 500 hour certification.

Please register at the front desk.

