

# Relaxing Yoga



*8-week Winter Session*  
**Winter Session:** Jan 5th—Feb 23rd

Thurs Mornings 10:00-11:00am  
or  
Thurs Evenings 7:15-8:15pm  
with a certified Yoga instructor

- Appropriate for ages 13 - adult, beg/inter level
- Develop Strength, Flexibility and Peace of Mind
- Learn Yoga Postures in a supportive environment

A flow based yoga class suitable to all levels. We will build on our practice each week to help you increase strength and flexibility. Modifications are always taught so that the class can accommodate people new to yoga along with those with an established yoga practice. Never feel intimidated to start, we offer a comfortable environment so anyone can come and experience the benefits of yoga!

*Wear loose-fitting clothing / bare feet      Yoga mat is suggested*

**Cost: \$75    1 class/wk**  
**Cost: \$135   2 classes/wk**

Thurs Morning    Class #185  
Thurs Evening    Class #186



**Register today to reserve your spot in class!**

Central City Dance Center  
6700 Canton Center Rd. Canton  
**734-459-0400**