

Hatha Yoga



Dates:

Monday, March 5th
Monday, March 12th
Monday, March 19th
Monday, March 26th
Monday, April 2nd
Monday, April 9th
Monday, April 16th
Monday, April 23rd

Time: 7:00pm-7:55pm

Ages: 16 and Up

Costs: \$40.00

***Register by
February 14th
and receive
\$5.00 off***

Our new registered yoga teacher, Susan Chappell, brings many years of Yoga experience and four years of teaching experience to our department!

Practicing yoga brings health and harmony to your body, mind, and spirit. You will learn to let go of tension in every muscle, and to experience relaxation and calmness. Hatha yoga practiced in the West consists mainly of physical poses called asanas that are designed to prepare the mind for meditation. These consist of simple stretches that most people can do. Honor your body by taking this multi-level hatha yoga class taught to establish the rhythm of movement to breath and to stretch your muscles and bring peace to your mind.



For more information about this program please contact 732-1100 or check out www.PLAYDinwiddie.com.