

# ***Restorative Yoga Classes***

***November 8, 15 & 22***

***Fridays 6:00-7:00 P.M.***

***with Sara Atkinson***

***200 Hour Yoga Certified Instructor***

***Mind Body Studio***

***Members \$12.00 per class or \$25.00 for all three sessions***

***Non-Members \$27.00 per class (no discount)***

***Sign Up at the Activities Desk or call 507-287-9300.***

***No yoga experience necessary; all levels welcome.***



**These classes will provide the opportunity for stress reduction in the body and mind. Props will be used to create comfort for the body, reducing muscle tension and allowing the body and mind the opportunity to release. Attend one, two or all three renewing and refreshing options.**

