

# Have FUN with YOGA!



## Location:

Willoughby Hills Library & Community Center  
35400 Chardon Road, Willoughby Hills 44094  
Schaeffer Room (downstairs)

## Class Starts January 9, 2013

Every Wednesday

No sign-up required. Drop-in anytime

Time: 6:30pm -7:30pm

Cost: \$10 per class

Cash or check accepted

## What You Will Need For Class:

A yoga or exercise mat. Wear comfortable clothes.

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**ALL AGES AND ABILITIES WELCOME!**

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This isn't a typical yoga class! Join a class designed to help you have FUN! You will be guided through yoga poses that will loosen you up, make you laugh and help you reduce stress; all while enjoying a balanced workout. You don't have to have yoga experience to take this class.

## Have Questions?

Please Email: [FunYoga1@gmail.com](mailto:FunYoga1@gmail.com)

**Instructor Information:** Chris Keller holds a 500-hour level and Yoga Therapy Certification and currently teaches Yoga Therapy at The Cleveland Clinic. She teaches all levels of yoga.