

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.

ALL AGES AND ABILITIES WELCOME!

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

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.