



Yoga Classes



Instructors: Nancy L. Bauer. RYT & Lynn Neu
Registration: 920-988-7016 or nancbauer@yahoo.com
www.FullCircleTherapiesInc.com

THURSDAY - Candlelight Unwind Yoga

6:00 to 7:15 pm

A series of slow flowing, awareness-building yoga poses, your nervous system will down-regulate into a state of peace and calm.

Let go and bring ease into your body and mind.

June 16 - July 14

5 week session - \$50

FRIDAY - Gentle Yoga

9:00 to 10:00am

A gentle session for those wanting a slow, relaxing experience. Also for those with special conditions such as chronic back pain, fibromyalgia, back, neck or shoulder pain/tension, arthritis or any other disabilities.

July 8 - August 12

6 week session - \$60

Located in St. Paul's Church Hall 3rd & Spring Street, Watertown