



# Yoga Classes



## Hatha Yoga (all levels)

**Thursdays 5:30-6:30 pm**

**Oct. 31 - Nov. 14, Dec. 5 - 12 (5 week session)**

Give yourself the gift of mindfulness and body awareness for self-care. This class rooted in the ancient yoga teachings, every pose will help to support your joints, muscles, and organs.

Classes may include both gentle movements and restorative postures, strengthening and mobilizing, as well as breathing techniques and meditation.

## Gentle Yoga

**Friday: 9:00-10:00 am**

**Nov. 1 - 15, Dec. 6 - 13 (5 week session)**

Structured for beginners, those with health conditions, and for rejuvenating and healing the body. Yoga props are used to facilitate a safe practice and to allow the body to fully achieve each position comfortably. This is a slower paced class and focuses on stretching all areas of the body while releasing stress and tension from joints and muscles.

## Chair Yoga

**Wednesday 9:00-10:00 am**

**Oct. 30 - Nov. 13, Dec. 4 - 11 (5 week session)**

For anyone who prefers to do yoga in a chair, such as seniors or those with health conditions. Help in lessening pain, improving balance, combating fatigue.

Myofascial release techniques and Chi Gong (Tai chi like movements) are integrated into the class.

***\$42 for 5 sessions; \$80.00 per punch card; \$10 per class  
St. Paul's Community Hall, 413 S. Second St., Watertown***

**Nancy L. Bauer, RYT**

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