



Yoga Classes Fall 2015

**Reduce your holiday stress
with yoga classes!**

Instructors: Nancy L. Bauer, RYT & Lynn Neu
Registration or Questions: 20-988-7016 or email: nancbauer@yahoo.com
www.FullCircleTherapiesInc.com

Hatha Yoga - All Levels

5:15-6:15 pm **Thursdays**

Nov. 5 & 12, Dec. 3, 10, 17

Develop your yoga practice - learn postures and breathing techniques to improve your flexibility, balance and strength. Great for relieving stress!

Cost: \$42.00 for 5 week session/ \$10.00 per session

Gentle Yoga

Taught by Nancy Bauer/Lynn Neu

9-10 am **Fridays**

Nov. 6, 13, Dec. 4, 11, 18

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.

Cost: \$42.00 for 5 week session/ \$10.00 per session

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

