



Yoga Classes Winter 2015

Instructors: Nancy L. Bauer, RYT & Lynn Neu

Registration or Questions:

920-988-7016 or email: nancbauer@yahoo.com

www.FullCircleTherapiesInc.com

Hatha Yoga - All Levels_ **NEW TIME!!**

5:15-6:15 pm Thursdays

January 15th – February 19th

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

Gentle Yoga

Taught by Nancy Bauer/Lynn Neu

9-10 am Fridays

January 16th – February 20th

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.

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

Cost: \$50.00 for 6 week session/ \$10.00 per session

