

# HATHA YOGA

Starts Tuesday, Nov 7<sup>th</sup>, 6:30-7:30pm

6 Week Program

Millside Elementary

Learn stress-relieving techniques that will provide a deepened sense of well-being.

Practice stretching to tone and strengthen the body.

Use gentle, slow movements and focus on the body, mind, breathing and posture to improve circulation, flexibility and stamina.

Enjoyable and beneficial  
for all fitness levels!

Please bring a yoga “sticky” mat and water to class.

Class taught by a Certified Instructor.

**Cost: \$45 per person per 6 weeks!**

**\$10 per session Drop In Rate**

Call Cindy Babisz at 810-794-9320 or email [cbabisz@claytownship.org](mailto:cbabisz@claytownship.org) for more information