

Classes Begin Tuesday, July 20

Yoga



Mindful Yoga

Tuesdays & Thursdays

5:15pm – 6:15pm

July 20 – August 26

10 lessons | \$79

BT 144 | Ref #146484

Stretch your body • Expand your mind • Dissolve your stress

3 refreshers in one!

A slow variety of poses will free the joints and balance the emotions.
Perfect for those who want a mellow, nurturing experience.

"I teach the kind of yoga that allows you to relax AND feel rejuvenated! Yoga promotes overall good health."

– Instructor Lisa Elliott, RYT 200

Beginner/intermediate levels • All ages & shapes are welcome
Please bring your own mat! • NOTE: No class on 8/19 or 8/24

Register Today! <http://www.palmbeachstate.edu/ccregistration.xml>

Need more information?

Contact 561-862-4735 or ccesouth@palmbeachstate.edu

PALM BEACH STATE
COLLEGE

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