

Yoga In The Park



Enjoy the morning serenity of Riverside Park while experiencing mind and body exercises from a variety of forms, including Hatha Yoga, power Yoga and mat Pilates. This class is appropriate for both the beginning and the experienced student. The session will be progressive, although anyone may join at anytime. The goal of this class will be to achieve physical strength and while learning to release both physical and mental stress. Wear comfortable clothing and bring a mat or blanket. Class will meet next to the basket ball court.

Instructor: Eva Rodgers, Certified Yoga / Pilates Instructor
Please call or e-mail with any questions or to pre-register
570-704-9688 / evarodgers@comcast.net

5 Mondays
9:15am—10:30am
Beginning July 12, 2010

5 Thursdays
9:15am—10:30am
Beginning July 15, 2010

One Session \$35.00
Both Sessions \$60.00
Walk In \$10.00
Inquire about childcare!
Proceeds for Park Improvements

Mail check, with contact info, to:

Eva Rodgers—361 Hulton Road - Oakmont, PA 15139

Registration and payment must be received by July 9th

If registering for both classes, please write 2 checks

One for \$45.00, Second for \$35.00