

A Chair Yoga Class with Micheline Gentle Yoga, Breath Work & Yoga Nidra

WINTER 2018-2019



The benefits of yoga are many:

Reduce & Relieve Stress, Increase Mental Clarity
Manage Emotional Stress, Increase Your Energy & Strength
Strengthen Your Immune System, Increase Memory & Focus
Improve Posture & Flexibility, Relieve Neck & Back Pain

Through the gentle postures and breath work, strengthen your body while adding flexibility and calming your mind to a state of relaxation.

Class Dates:

**Thursdays, Nov. 29; Dec. 6, 13, 20; Jan. 3, 10, 17, 31; Feb. 7
10:15am**

Online registration opens Monday, Oct. 29

Out-of-district registration begins Nov. 19

Non-refundable Fee - \$31.50, payable by check – one check per person, please.

PLEASE NOTE NEW POLICY RE CHECKS:

BRING YOUR CHECK FOR \$31.50 TO THE FIRST CLASS SESSION.

BRING A YOGA MAT, PILLOW, WARM BLANKET & WEAR COMFORTABLE CLOTHING. PLEASE REFRAIN FROM WEARING PERFUME/COLOGNE, ETC., OR SMOKING PRIOR TO CLASS.

Hillside Public Library
155 Lakeville Rd., New Hyde Park, NY 11040
(516) 355-7850, x301, 304; hillsidelibrary.info