YOGA CLASSES

PINE TECHNICAL & COMMUNITY COLLEGE
CONTINUING EDUCATION & CUSTOMIZED TRAINING

Yoga For the REST of Us
Tues & Thurs 12:00pm - 12:50pm
10/8/19 - 10/31/19
11/5/19 - 11/26/19
12/3/19 - 12/19/19

An all level, unique Yoga class combining breath work and stretches for calming and restorative benefits. Release tension while gaining the benefit of stretching.

We will break down Yoga poses for maximum comfort and flexibility. You’ll leave class feeling refreshed, renewed and joyful. This class incorporates all levels of learners.

Note: Bring your own mat and a pillow.
October - $40
November - $40
December - $30

Yoga for Strength and Balance
Tues & Thurs 6:00pm - 7:00pm
10/8/19 - 10/31/19
11/5/19 - 11/26/19
12/3/19 - 12/19/19

An all level, unique Yoga class combining breath work and postures for strength and balance.

We will break down Yoga poses for maximum comfort and flexibility. You’ll leave class feeling refreshed, renewed and joyful. This class incorporates all levels of learners.

Note: Bring your own mat and a pillow.
October - $40
November - $40
December - $30

REGISTER TODAY!

Limited spaces. Register online at: