

Hatha Yoga

**Beginning Tuesday, Oct. 25
eight - week session
9 - 10 a.m.**

J.C.C. auditorium

For 8 successive Tuesdays, the Jewish Community Center will be hosting highly sought after Yoga instructor Bill Skinner for a full session of "Hatha Yoga."

Hatha Yoga harmonizes yoga postures and breathing to achieve a balanced, fulfilling exercise regimen. It has tremendous therapeutic value when used properly under the guidance of a trained professional. This class will be suitable for those experienced in Yoga techniques, as well as beginners.

Registration is first come, first served. Don't miss this opportunity. Call now to register!



Price:

Members: \$50

Nonmembers: \$65

***Payment is due upon registration**

**To sign up, or for more information, contact Lindsay at the
J.C.C. office, (315) 733-2343**