



YOGA CLASSES – 2010

Yoga for everyone! Take a class from one of our certified yoga instructors. Call (814) 877-6145 to register. Bring your own mat.

Beginning and Continuing Yoga (For anyone new to yoga as well as those with previous yoga experience.)

Mondays, 11:30 a.m. to 1 p.m.	January 4-February 22	8 sessions	\$64
Instructor: Jeanne Peck, CYT/RYT	March 8-April 26	8 sessions	\$64
Location: Hamot Health Connection	May 3-June 28 (no class 5/31)	8 sessions	\$64

Mondays, 6 to 7:30 p.m.	January 4-February 22	8 sessions	\$64
Instructor: Freda Tarbell, CYT	March 8-April 26	8 sessions	\$64
Location: Hamot Health Connection	May 3-June 28 (no class 5/31)	8 sessions	\$64

Mondays, 5:30 to 6:30 p.m.	January 4-February 22	8 sessions	\$48
Instructor: Terry Seth, CYT/RYT	March 8-April 26	8 sessions	\$48
Location: Hamot Heart Institute	May 3-June 28 (no class 5/31)	8 sessions	\$48

Mondays, 6:45 to 7:45 p.m.	January 11-February 22	7 sessions	\$42
Instructor: Cathy Norris, CYT	March 8-April 26	8 sessions	\$48
Location: Hamot Heart Institute	May 3-June 28 (no class 5/31)	8 sessions	\$48

Tuesdays, 5:25 to 6:25 p.m.	January 12-February 23	7 sessions	\$42
Instructor: Norma Schriefer, CYT	March 9-April 27	8 sessions	\$48
Location: Hamot Health Connection	May 4-June 22	8 sessions	\$48

Tuesdays, 5:30 to 6:30 p.m.	January 5-February 23	8 sessions	\$48
Instructor: Terry Seth, CYT/RYT	March 9-April 27	8 sessions	\$48
Location: Hamot Heart Institute	May 4-June 29 (no class 6/1)	8 sessions	\$48

Wednesdays, 10:30 a.m. to Noon and 1 to 2:30 p.m.	January 6-February 10	6 sessions	\$48
Instructor: Deb Phillips, CYT/RYT	March 17-April 28	7 sessions	\$56
Location: Hamot Health Connection	May 5-June 16	7 sessions	\$56

Thursdays, 6:30 to 8 p.m.	January 7-February 25	8 sessions	\$64
Instructor: Freda Tarbell, CYT	March 11-April 29	8 sessions	\$64
Location: Hamot Health Connection	May 6-June 24	8 sessions	\$64



YOGA CLASSES – 2010 continued

Yoga for everyone! Take a class from one of our certified yoga instructors. Call (814) 877-6145 to register. Bring your own mat.

Gentle Yoga (For beginners or anyone recovering from an injury or illness.)

Mondays, 1:15 to 2:15 p.m.	January 4-February 22	8 sessions	\$48
Instructor: Jeanne Peck, CYT/RYT	March 8-April 26	8 sessions	\$48
Location: Hamot Health Connection	May 3-June 26 (no class 5/31)	8 sessions	\$48

Yoga During Pregnancy (The postures practiced slowly and with awareness can prepare the body beautifully for the birth of a child, as well as help relieve backaches, improve spinal flexibility and strengthen muscles.)

Thursdays, 5:15 to 6:15 p.m.	January 7-February 25	8 sessions	\$48
Instructor: Susan Black, CYT/RYT or Cathy Norris, CYT	March 11-April 29	8 sessions	\$48
Location: Hamot Health Connection	May 6-June 24	8 sessions	\$48

Mommy Om - Yoga for Mommy and Baby (Gentle poses for postpartum recovery and infant development stages.)

Wednesdays, 1:15 to 2:15 p.m.	March 10-April 28	8 sessions	\$48
Instructor: Susan Black, CYT/RYT			
Location: Hamot Health Connection			

Cool Yoga Workshop - For Menopausal Symptoms (Hot flashes, night sweats and mood swings can affect your health - learn postures to help manage these symptoms.)

Saturday, 9:30 to 11 a.m.	March 13	1 session	\$10
Instructor: Susan Black, CYT/RYT			
Location: Hamot Health Connection			

Restorative Yoga (Come prepared to relax, restore and renew with supported yoga postures to bring a deeper relaxation and surrender to the body. No previous yoga experience required.)

Tuesdays, 5:30 to 7 p.m.	March 30-April 13	3 sessions	\$24
Instructor: Janet Stachowiak, CYT/RYT			
Location: Hamot Health Connection			

Yoga for Gardeners Workshop (Get ready to dig, plant and grow with yoga stretches, squats and bends.)

Tuesdays, 5:30 to 7 p.m.	April 27	1 session	\$10
Instructor: Janet Stachowiak, CYT/RYT	May 25	1 session	\$10
Location: Hamot Health Connection			