Welcome to….

Traditional Hatha Yoga Integral Style

Tuesdays, 5:00 pm – 6:00 pm

Adult Recreation Center
519 West Franklin Boulevard
(704) 866-6848

Through a series of postures, deep breathing, as well as concentration and relaxation, traditional Hatha Yoga improves flexibility, strength, balance (both physical and mental), and promotes tension release.

Traditional Hatha Yoga is very different from fitness, hot or power yoga. It is intended for each person to work with the postures at his or her pace.

The City of Gastonia Parks and Recreation Department offers nationally certified, traditional instruction for the following fees:

$15.00 per month	**City Residents**
$20.00 per month	**Non-City Residents**

(The same level of instruction in Charlotte costs <u>$15.00 per class</u>.)

Participants not wishing to register for entire month may pay a <u>$5.00 per class Drop-In Fee.</u>

Community Based Service Workers who participate in classes must pay as well as the client.

Students who are <u>completely new to yoga</u> are allowed two (2) FREE classes.

General Information…
Wear comfortable clothes that do not restrict movement and non-slip socks. Bare feet are permissible.
You may wish to bring a towel or blanket.
Bring a willingness to let go of the day's stresses and a determination to listen to your body and never force a position.
Questions??? Call Judy Blankenship, M.A., E.R.Y.T. 500, Reiki Master, Certified Personal Trainer at (704) 867-7176.

GASTONIA NC
Great Place. Great People. Great Promise.
Parks and Recreation Department