



Yoga



We're all busy and consumed with work, family, and life. In all the running around, errands and checklists, we usually fail to make time to check in with ourselves. Come join the class and for one hour, let's make time for you. Allow Instructor Jessie Stigi to help lead you into the present moment through a yoga practice focused on the basics followed by a short meditation. You don't need to be experienced in yoga to realize the benefits.

Cost: \$55

Instructor: Jessie Stigi

Location: WNC, Fallon Campus

Dates: Saturdays, February 11 - May 27, 2017 (9 - 10 a.m.)

Classes will not be held on 4/1, 4/15, 4/29, 5/6 and 5/20.

\$10 drop-ins welcome!



Register online at <http://www.wnc.edu/fallonce> or call 423-7565 if you have any questions.