

JOIN US FOR YOGA!



WHAT: 8-week Yoga Class for adults 18 years and older. The class instructor is Pam Peterson, RYT (Registered Yoga Teacher) from Medford, Wisconsin.

- STRETCHING
- DEEP BREATHING
- POSES THAT FLOW SMOOTHLY INTO ONE ANOTHER

WHEN: Mondays, March 26, April 2, 9, 16, 23, 30 and May 7 and 14, 2018

TIME: 4:00 p.m. to 5:00 p.m.

WHERE: Rib Lake Elementary School Music Room (Entrance is at the District Office at the far end of the building.)

FEE: \$60.00 (includes all 8 sessions) with \$10.00 reimbursed if 6 of the 8 classes are attended.

PLEASE BRING YOUR OWN YOGA MAT - available for purchase at Walmart

REGISTRATION:

- Please register at the Rib Lake School District website: www.riblake.k12.wi.us
- If you do not have computer access, register by calling Judy LeMaster, Community Outreach Coordinator at 715-767-5638 and leave a message including your name and phone number.

Note: If questions or you are unable to pay the fee or any part of the fee, please contact Judy.

MINIMUM OF 12 ATTENDEES NEEDED -- PLEASE REGISTER SOON!



Sponsored by the Rib Lake Community Program & Rib Lake School District