

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 RUNNING SMOOTHLY INTO ONE ANOTHER**

WHEN: Mondays, October 1, 8, 15, 22, 29, November 5, 12, 19

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 pay at the first class.* If paying by check, make it out to "Rib Lake School District".

***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 715-427-3222 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.



Come even if you can't make it to every class!

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