

BACK AGAIN --

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**
- **YOGA MOVES AT YOUR OWN PACE**

WHEN: Tuesdays, March 19, 26, April 2, 9, 16, 23, 30 and May 7

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: \$70.00 (includes all 8 sessions) *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, Amazon**

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 x3250 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 join us!

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