

Yoga – Back to Basics

This class is designed for first time yogis, as well as, more advanced yogis who want to work on beginning poses. It's the right class if you want to learn the fundamentals of yoga, work on strength training, and balance. You'll walk out feeling embodied, empowered, energized, and eager to come back. Feel free to bring a yoga mat and water. Wear comfortable clothes that allow you to move freely. The class will run 6 weeks on Tuesday and Thursday evenings. Make checks payable directly to Jessie McMonigal Olson

Instructor: Jessie McMonigal Olson Cost: \$120 for six week session or \$13 for drop in

Dates: Tue & Thur Oct. 17 – Nov. 30 (no class on Oct. 31 or Nov. 23)

Place: Health Room (enter by Lien Gym) Registration Deadline: up to start of class

Time: 6:00 – 7:00 p.m.

Elmwood Community Education Registration Form

Name: _____

Address: _____

Phone: _____ Cell: _____

Email: _____ Yes, add me to Community Education email list

CLASS/ACTIVITY	FEE (if applicable)
Total Amount Due	

Return Registration Form and payment to Elmwood School 213 S. Scott St., Elmwood, WI 54740