

All Levels

HATHA YOGA

age 13+

day/time M 9:30-10:30am (Amy)

day/time W 9:30-10:30am (Krista)

no class M 9/4, 11/20, 12/25 & 1/1
W 11/22 & 12/27

location Hwy Rec. Ctr. (DWP)

daily fee \$13 paid at Rec. Dept.

5 class pass \$50

10 class pass \$100 w/bonus free class

note passes are paid separately
for each instructor & must
used within 6 months



Students provide their own yoga blocks, mat(s) & and blankets.

HATHA YOGA is designed with all levels of practitioners in mind. Whether you are a brand new beginner or a seasoned and well versed yogi, you will receive a solid education and fresh insight into the art and science of yoga. Emphasis will be placed on building strong foundations and developing proper alignment in each posture, for the sake of gaining and maintaining strength as well as flexibility. Students will learn a variety of breathing techniques and how they help to improve, not only the central nervous system, but every system of the body. Instructor AMY DIELEMAN is a Certified Yoga Therapist and has 5,000 hrs of trainings, certifications and teaching hours. Her extensive study in biomechanics and love for neuroscience add impact and insight to her detailed instructional style of teaching. The summer months will be taught by KRISTA WYATT a 500hr



Boulder City Parks and Recreation Department
900 Arizona Street 702-293-9256

Sign up now!