

All Levels

HATHA YOGA

| | |
|---------------|---|
| age | 13+ |
| day/time | M 9:30-10:30am (Amy) |
| day/time | W 9:30-10:30am (Krista) |
| note | June & July Krista will be teaching both M & W |
| no class | M 5/27 & W 7/4 |
| 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 be used within 6 months |



***Students provide their own yoga blocks, mat(s) & and blankets.
Note: Instructor occasionally substitute for each other.***

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. Instructor KRISTA WYATT is a 500hr RYT instructor.



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

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