



# YOGA



**WEDNESDAY: 7:30PM – 8:30PM**

**Cost: \$5**

Who: All are welcome – 13 years and older.  
Beginners are more than welcome and encouraged to attend.  
To Bring: mat, towel & water.  
(Some mats available on site.)

Our class blends the poses of Hatha yoga, the flow of Vinyasa yoga and the power of Ashtanga yoga to promote total self conditioning. Each class is designed with the students in mind and includes strengthening, stretching and relaxation.

Questions: Call Jennifer, RYT – 618.406.9152

**MCARTHER'S TAE KWON DO & FITNESS • COLLINSVILLE, IL 62234**

**9500 Collinsville Rd – (I-255 & Collinsville Rd) Behind Jack N' the Box  
618.345.2953**

**[www.mcartherstkd.com](http://www.mcartherstkd.com)**