

New Classes at

# Main Street Yoga Center in 2010

Greetings Friends!

Check out the new classes for 2010:

**Kids Yoga** – A fun filled class with yoga, music, and movement. Children ages 3-6 are welcome.

Tuesdays 5:30 – 6:15 PM Instructor, Tammy Reed Beginning 1/5/2010.

**Yoga Challenge** – Yoga for those who are interested in increasing their strength, flexibility, and concentration by experiencing a fast paced flow, inversions, and arm balances.

Tuesdays 6:30 – 7:30 PM Instructor, Tammy Reed Beginning 1/5/2010.

**Lunchtime Yoga** – Stretch and strengthen yourself midweek . Basic poses, breath awareness , and focused attention will be supported.

Wednesdays 12:10 – 12:50 PM Instructor, Jane Newman Beginning 1/6/2010.

**Slow Flow Yoga** – Slow moving yoga poses in a flowing series will be introduced to promote mobility and healing in the body.

Thursdays 6:30 – 8:00PM Instructor, Sue Hanna Beginning 1/7/2010.

Please note that these are additions to our current schedule posted at [www.mainstreetyogacenter.com](http://www.mainstreetyogacenter.com).

Our Saturday format has changed. The free Saturday morning class will continue the first Saturday of each month starting in February from 9 – 10:30 AM. Each Saturday class will benefit a local organization. Watch for more details about this.

The Red Brick on Main

120 W. Main Street Wilmington, Ohio

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