

## **YOGABILITATION**

**YOGASENSE CLASSES:** Classes are small for individual attention.with modifications specific to your needs. These classes are for clients who would like to experience the benefits of yoga but not ready for larger classes.

### **MARCH 2009**

#### **Adult Classes**

Monday 5:30	Kundalini
Monday 11:00	Gentle Healing Yoga
Tuesday 5:30	Gentle Healing Yoga
Friday 11:00	Gentle Healing Yoga

#### **Children and Baby**

Friday 9:30	Parent and Baby ( 6 week series – call for start date)
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**Children's groups and special needs groups arranged upon request.**