



# yoga

**For Wellness  
May 2010**

## **Hatha Yoga Classes**

*All levels welcome!*

**MONDAY & THURSDAY**  
**9:00 - 10:30 a.m.**

### **May Yoga: NO PASSES**

We are throwing away the passes  
and opening all classes to everyone  
for \$10 for a 1½ hour class!

**WEDNESDAY EVENING**  
**6:00 – 7:30 p.m.**

*Childcare provided  
Room 3 of Arts & Ed. Wing*

**FRIDAY EVENING**  
**6:00 – 7:30 p.m.**

**FREE Yogic Breathing Class**  
Monday mornings  
8:30 - 9:00 a.m.

**NO YOGA**  
**June – August**  
Yoga Classes will return in the fall  
beginning after Labor Day.

**All Yoga classes take place in the CGCC Wellness Center.**  
**1125 Anastasia Avenue**

*Discover the benefits of this ancient tradition:  
spiritual discipline, mental and physical fitness, and stress relief.*

*Our Yoga classes are taught by certified teachers.*

Coral Gables Congregational Church  
United Church of Christ

**For more information, contact Megan Korallis  
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