



*Class: Gentle Hatha Flow Yoga*

*Beginning: Tuesday September 5, 2017*

*Location: Christine E. Lynn College of Nursing, Room 115*

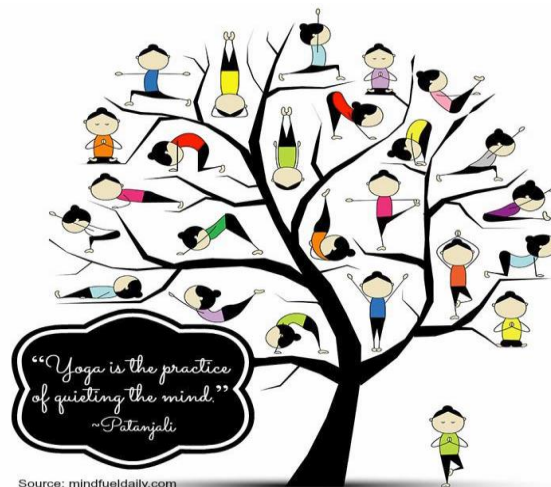
*Class Level: All fitness levels*

*\*Please bring your own Yoga Mat*

*Tuesdays 12:05pm - 1:00pm*

*Wednesday 5:30pm - 6:30pm*

*Thursdays 12:05pm - 1:00pm*



*Community \$15/1 class or \$90/8 classes  
FAU Faculty/Staff \$10/1 class or \$70/8 classes  
FAU Full-time Students \$5/1 class or \$40/8 classes*

*\*1st class is free! Join any time.*

*Alison Heim, YRT- 200 Certified*

*Please contact Alison for more information about the classes.*

*Aheim@health.fau.edu*