

Restorative Yoga

With Susan Rosén E-YRT 500 YACP



Sunday Afternoons 3:30-4:45

All fitness levels welcome

Set to soft music and lighting, relax and unwind

in this gentle, slow paced class

*Bolsters and props are used for support and comfort,
allowing mind & body to find ease and a sense of peace.*

6-week session

September 16-October 28, 2018

Signup at CCC front desk

Members \$60/Non-Members \$90 w/ day pass

**Please note no class 10/7/2018*