



**Saratoga Bridges is pleased to offer a 6 week session of
Power Yoga**

This Vinyasa Yoga session is to be instructed by Kristy Cox, Certified Yoga Instructor in "Skillful Action", Barre Instructor, & Autism Movement Therapy Level 2 Instructor.

Yoga promotes strength, flexibility, focus and concentration and brings about a sense of calmness and peace.

If you have the desire to participate, contact information listed below.

Tuesday Dates: April 22nd, April 29th, May 6th, May 13th, May 20th, May 27th

Time: 4:30-5:30pm

Fee: \$42/6 week session (Cash only please).

Please sign up no later than **4/22/14 & Fee due then as well.**

Location: Saratoga Bridges, 16 Saratoga Bridges Blvd.,
Ballston Spa, Administration Bldg.
2nd floor Large Conference Room

Registration: No later than **4/22/14**

Please call or email Kristy Cox to register and for more information:
587-0723 ext. 1271 or e-mail at kcox@saratogabridges.org