



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

This Vinyasa Yoga session will be taught by
Kristy Cox, Certified Yoga Instructor in “Skillful Action”, Barre Instructor
& Autism Movement Therapy Level 2 Instructor

*Yoga promotes strength, flexibility, focus and concentration
while bringing about a sense of calmness and peace.*

Tuesday Dates: 6/3, 6/10, 6/24, 7/1, 7/8, 7/15

Time: 4:30-5:30pm

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

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

Registration: No later than **6/3/14 with fees due then**

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

REMINDER -- YOU CAN USE THIS ACTIVITY FOR THE MOVE IT, MOVE IT PROGRAM!