



Life does not
have to be
perfect to be
wonderful.

Annette Funicello

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 and Silver Sneakers Instructor

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

Tuesday Dates: October 28 – December 2

Time: 4:15-5:15pm

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

Location: Saratoga Bridges, 16 Saratoga Bridges Boulevard, Ballston Spa
Administration Building -- lower level

Registration: No later than **10/28/14 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