

ISLAND YOGA

6 Week Yoga Workshops

SUNDAYS 2:00PM - 4:00PM

April 30, 2017 with Taryn Thompson
Couples Yoga*

May 14, 2107 with Kathy Morris
Yoga for the Gardener

May 21, 2017 with Melissa Weiner
Breaking down Sun Salutations

MAY 28, 2017 with Tanya Kingsley
Posture from the Feet up

June 11, 2017 with Shimon Darwick
Yoga for Athletes and Weight Lifters

June 18, 2017 with Hilary Davis
The Psoas Muscle, Supple Core, and Resilience

*All participants must be paid and sign waivers BEFORE class.
Classes held downtown in Main Studio.*

Pricing: *Per person / per class

Ithaca Tri Club / Members: \$25 Drop-In
Nonmembers: \$35 Drop-In



Sign up at our Member Services Desk or call (607) 277-3861
Questions: Email Selina at Selinam@cnyemailcom

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