



## MIND/BODY YOGA 3CC WELLNESS CENTER

With ERIN GARVIN

Explore the foundation of yoga and yoga philosophy in this open level class for students of all levels of experience. This class will include gentle stretching, strengthening, and balancing poses leaving you centered and restored.

**Enroll today for a 6-week session:**

- 1) Tuesdays @ 4:45pm from May 14<sup>th</sup> through June 25<sup>th</sup>
- 2) Thursdays @ 12:15pm from May 16<sup>th</sup> through June 27<sup>th</sup>
- 3) Or participate in both sessions at a better rate

Please contact Erin at [erinkgarvin@yahoo.com](mailto:erinkgarvin@yahoo.com) to reserve your mat space and inquiries.

Proudly offered at



OPEN TO  
STUDENTS OF ALL  
LEVELS OF  
EXPERIENCE

1-HOUR SESSIONS  
TUESDAYS AT  
4:45PM

45-MINUTE  
SESSIONS  
THURSDAYS AT  
12:15PM

6 SESSIONS FOR  
\$45 OR ALL 12  
SESSIONS FOR  
ONLY \$80

ERIN GARVIN

RYT 200

Instructor, Yoga and  
Mindfulness

[Erinkgarvin@yahoo.com](mailto:Erinkgarvin@yahoo.com)