



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FINDING YOUR PEACE

HEALTH & WELLNESS  
Renew and Restore

## 6 Week Trial Class Renew and Restore

If it is time to renew your spirit and indulge in self--and you'd like the experience to be guided in a class setting--this is the class for you. This rejuvenating yoga experience is designed to get you to breathe, relax, calm the mind, nourish the spirit and give time to yourself. We provide blocks and straps; you provide mat, a blanket and pillow(s).

- Time:** Thursdays from 12:30 - 1:30pm
- Dates:** February 2, 9, 16, 23, March 1 & 8
- Location:** Meading Room
- Instructor:** Tina
- Bring:** Yoga mat, blanket or small pillow and clothes dressed for warmth, layers and comfort



**“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.”**  
~World Health Organization,  
1948

**EUGENE FAMILY YMCA**  
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