

Yoga on the Terrace

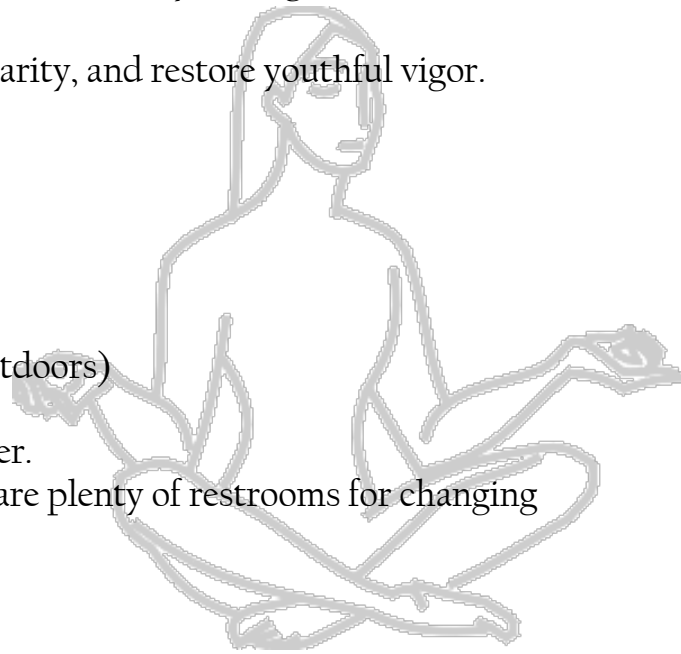
Gentle Yoga and Meditation-Level 1

Experience meditation and the healing aspects of yoga postures based on various concepts of ancient and contemporary yoga practices. Listen to the voices of nature as you allow the universe to gently release tensions to improve your overall health.

- Lessons will help improve your physical, mental, and possibly even spiritual health.
- Improve your circulation, flush out toxins, increase flexibility, strengthen muscles, and lower blood pressure.
- Release blocked energy zones, increase mental clarity, and restore youthful vigor.

When: August 4 – September 10
Tuesdays & Thursdays
Session 1: 7:15 a.m.-8:15 a.m.
Session 2: 9:00 a.m.-10:00 a.m.

Where: Villa Terrace – lakefront terrace (outdoors)
Instructor: Marquita Edwards
Supplies: Bring a yoga mat or two, towel, water.
No locker room facilities, but there are plenty of restrooms for changing



Class size is limited. Registration recommended.

For more information: call Patty Redeker, 414/271-3656

Registration Form

Name: _____

Address: _____

Phone/Email: _____

Cost: \$15/class or \$180/entire 6-week series

**includes a yogurt parfait from Alterra.*

Session 1 or Session 2
7:15-8:15 a.m. 9:00 -10:00 a.m.

Entire 6 week series @ \$180

Per class (\$15 ea.) Please circle

Tuesdays: 8/4 8/11 8/18 8/25 9/1 9/8

Thursdays: 8/6 8/13 8/20 8/27 9/3 9/10

of classes _____ @ \$15 each

Total \$ _____

Method of Payment

Check

Visa

Mastercard

Total:

CC #: _____

Exp. Date: _____

Signature: _____

Make checks payable to CAVT Museums
Mail w/payment to: Villa Terrace c/o Patty
Redeker, 2220 N. Terrace Ave.
Milwaukee, WI 53202