

Winter 2018 Yoga Sessions with Terri Cotts

January 8 – February 16 (6- week session)

Break February 19 - 23

February 26 – April 6 (6-week session)

Gentle Yoga

Monday: 10:30 – 11:30 a.m.

Wednesday: 8:30 – 9:30 a.m.

Friday 10:30 -11:30 a.m.

One class per week - **6-week session-** \$60.00

Two classes per week - **6-week session** \$114.00

Three classes per week - **6-week session** \$165.00

Drop-in \$11.00

Hatha Yoga (all levels)

Monday: 9:00 – 10:15 a.m.

One class per week – **6-week session** - \$70.00

Drop-in \$13.00

Join any time, even mid-session. If you know you will miss part of the session, we will pro-rate the fee in advance. Classes cannot be carried over. They expire the last day of each session.

All classes at Many Waters Wellness Center, 800 Sprague St.

www.terricotts.com