

Gentle Yoga class with Rosalie

Schedule, Winter 2012

GENTLE YOGA

6-week class, \$50 for 6 weeks or \$10 for a drop-in. CONTINUING THE BARGAIN PRICES FOR SENIORS OVER 65 OR DISABLED in Cottonwood ONLY. Current bargain prices for seniors registering for 3 months – ask Rosalie

Classes are 1 hour long.

You will need a mat, a strap and a block. All classes are gentle and beginner level.

You can use a chair if needed.

MONDAY MORNINGS

10:30 A.M. SEDONA

TRANSFORMATION CENTER, W. Sedona

TUESDAY AFTERNOONS

4:30 p.m. Healing Arts

Center, Cottonwood

WEDNESDAY MORNINGS

10:30 a.m. Healing Arts

Center, Cottonwood

THURSDAY MORNINGS

10:30 a.m. On the Greens

Clubhouse, Cottonwood. Call Rosalie for directions and security code. 5 minutes from Healing Arts Center.

SATURDAY MORNINGS

10 a.m. Healing Arts Center,

Cottonwood

2nd and 4th Saturdays taught by Carol Oveross

MEDITATION

The free weekly unguided meditation group at Healing Arts, on Mondays 7 p.m. is on hold for the near future. Contact Rosalie if you are interested in starting up again. We meditate for 45 min.

All styles of meditation are welcome.

TO REGISTER FOR CLASSES:

Call Rosalie Malter at 928/649-9343 or email royoga@cablone.net Always call (or email) before coming, to be sure the class is happening or the location is still the same. If I don't call you back within 24 hours, I'm probably out of town.

Rosalie is an Experienced Registered Yoga Teacher (E-RYT) with the Yoga Alliance at the 500 hour level. She has been teaching since 1985 and is the most experienced yoga teacher in Cottonwood. She also leads private, individual classes and yoga therapy for specific physical or emotional issues.

Rosalie is a retired counselor, biofeedback therapist and occupational therapist.

Yoga will decrease your stress, pain and tension levels and increase your strength flexibility, balance and sense of inner peace. Try it!