Get Moving in the New Year With Yoga at Tri-C®

Affordable classes in a non-studio environment begin February 20!

Gentle Restorative Yoga
(Adults 16 years and up)
Journey through a gentle, restorative yoga class featuring stretches, gentle postures, restorative breathing techniques, yoga nidra (relaxation) and much more. Modifications for chair postures will be included. Yoga mat required. Instructor: Amanda Kost.

CRN #41873 | Fee: $90
Mondays, Feb. 20 - May 8 (12 weeks)
9 - 10 a.m. | CCW 17

CRN #41872 | Fee: $90
Wednesdays, Feb. 22 - May 10 (12 weeks)
9:30 - 10:30 a.m. | CCW 17

The registration deadline for all classes is one week prior to the start date.

Three ways to register:
1. Online at www.tri-c.edu/WestshoreRec
2. By phone at 216-987-3075
3. In person at Westshore Campus, 31001 Clemens Road in Westlake or at Corporate College® West, 25425 Center Ridge Road in Westlake

For more information, contact Veronica Hill at 216-987-5939 or veronica.hill@tri-c.edu.