

April 2011

Thursday Night Restorative yoga

at

St Philips U.C.C.
10708 Lavinia Drive -
63123
314.843.5100

\$5. a class



FOCUS

for the Session

Week 1: Basics

Week 2: Leg Focus

Week 3: Upper Body

Week 4: Chair

Week 5 Wall Series

Week 6: Head Aches

Week 7: Ball Series

Week 8: Pilates or Hatha Yoga

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7 6:30 –7:25: pm Restorative Yoga St Philips 4/8 Chair	8	9
10	11	12	13	14 6:30 –7:25: pm Restorative Yoga St Philips 5/8 Wall series	15	16
17	18	19	20	21 No class Church in use Maundy Thursday	22 Good Friday	23
24 Easter	25	26	27	28 6:30 –7:25: pm Restorative Yoga St Philips 6/8 Head Ache Series	29	30
1	2	3	4	May 5 6:30 –7:25: pm Restorative Yoga St Philips 7/8 Ball Series	6	7

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