

YOGA OPEN HOUSE

Join us August 15, 2009 for FREE Yoga!

Room 501
8:00-9:15am Beginning Yoga
9:15-9:45am Restorative Yoga
9:45-10:45am Pranayama
10:45-11:15 Meditation

Room 502
9:30-10:00am Sun Salutations
10:00-11:30am Backbends
11:30-12:00 Q & A for Yoga
Teacher Training

www.scottsdalecc.edu/hperd/yoga

Please go online for a complete Fall 2009 Yoga schedule or to find more information about our Yoga Teacher Training Program. Classes start August 22, 2009!

Register in-person, via phone (480)423- 6100 or online at my.maricopa.edu



Open House Registration Information

Pre-registration is not required. If you would like to pre-register, please email Carlyn Sikes at carlyn.sikes@sccmail.maricopa.edu or Tanya Fischer at tanya.fischer@sccmail.maricopa.edu

Classes are located in the Scottsdale Community College Fitness and Wellness Center next to the tennis courts at 9000 E. Chaparral Rd.

More information about our Yoga classes or Yoga Teacher Training can be found at www.scottsdalecc.edu/hperd/yoga

For more information, please email Carlyn Sikes, Director for Yoga and Yoga Teacher Training at carlyn.sikes@sccmail.maricopa.edu or call (480) 423-6771

