

# Noon Yoga

**Noon Wellness** yoga is a mixture of hatha and flow yoga styles. There is an overall emphasis on increasing balance & flexibility while building strength. Beginners welcomed with open arms! Bring your own mat or borrow one of ours.

Fall session will be 34 classes, starting Aug. 24<sup>th</sup> and running through Dec. 30<sup>th</sup>. Classes are Monday/Wednesday from 12:05-12:50 in Pennington Hall 104. Drop-in any time for \$2/class. Pre-pay for a discounted rate of \$60/twice a week or \$30/one class per week. There will be NO CLASSEES the following dates: Sept. 7<sup>th</sup>, Oct. 7<sup>th</sup>, Nov. 25<sup>th</sup>, and Dec. 23<sup>rd</sup>. If I have to cancel class for any other reason, I will do my very best to try to schedule a make-up. (Due to the very full room schedule for Campus Rec., this might not always be possible.)

A few words about me...I completed my teacher training at Sun Moon Yoga Studios in Mankato in June and led over 40 hours of yoga classes this summer. Sara Duda

## Fall 2009 MSU Faculty/Staff Yoga

*Do something good for your body, mind, and soul this semester!*

**"Yoga After Hours."      4:45-5:30pm      Tuesdays/Thursdays      PH 102**

Prepay for best bargain (\$3/class)  
2X/week = \$85  
1x/week = \$45  
Drop In = \$5/class

*A relaxing way to unwind from your day-modifications made for **Every Body!***

Classes begin Tuesday, August 18 and end December 10  
\*\*\*No class September 15 & 17, October 13 & 15, and November 26\*\*\*

Instructor Honey Stempka has been teaching yoga for three years and various health/wellness classes for 11 years. She is a Registered Yoga Teacher with Yoga Alliance and an Instructor at Sun Moon Yoga Studios in downtown Mankato.

Please make checks payable to: Honey Stempka