

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. 24th and running through Dec. 30th. 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. 7th, Oct. 7th, Nov. 25th, and Dec. 23rd. 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