

# Mind-Body Classes at the Miller Center

Time	Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45am	GF	<b>BodyFlow</b> Tereza				
8:00am	AB		<b>Integral Yoga</b> Aislyn			
8:30am	DE				<b>Silver Circle Yoga</b> Aislyn	
8:45am	AB			<b>Integral Yoga</b> Keith		
9:15am	AB	<b>Chair Yoga</b> Dawn	<b>Silver Sneakers Yoga</b> Sue			<b>Chair Yoga</b> Dawn
10:15am	AB	<b>Classical Yoga</b> Dawn		<b>Restore Rotation</b> Dawn, Sue & Fawn	<b>Tai Chi</b> Fawn	<b>Classical Yoga</b> Dawn
12:00pm				<b>Restorative Yoga</b> Dawn		
1:00pm	DE	<b>Silver Circle Qi Gong</b> Michael				
5:30pm	AB	<b>Integral Yoga</b> Vani	<b>BodyFlow</b> Tereza	<b>Power Yoga</b> Sue	<b>Integral Yoga</b> Aislyn	

*Mind Body classes are a broad and diverse set of practices that combine mental focus, controlled breathing, and body movements to help relax and balance the body and mind. They may be used to help control pain, stress, anxiety, depression and for improving overall health and resilience.*

\***Integral Yoga** classes are \$15 per class for non-members or \$10 per class with a 10 class punch card.

For Miller Center members, the cost is \$10 per class or \$7 per class with a 10 class punch card.

\***Qi Gong and Yoga** classes are \$2 per class. Sign up with Silver Circle by calling 570-214-2438 for more information.

\***Miller Center** classes are included in fitness memberships. Day passes can be purchased for \$15 per day.