

Mind-Body Classes at the Miller Center

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

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.