

WHEN

Classes will be held on Tuesdays & Thursday evenings
6:15 p.m. until 7:15 p.m.

WHERE

Chiropractic Partners, S.C.
1720 Dolphin Drive • Waukesha, WI • 53186

CONTACT

Christy at 262-547-7441
or sign up at front desk of
Chiropractic Partners,
space is limited.

Classes taught by Christy Peuse
Certified Yoga instructor



8 CLASSES - \$35

(2 times per week for 4 week intervals)

4 CLASSES - \$25

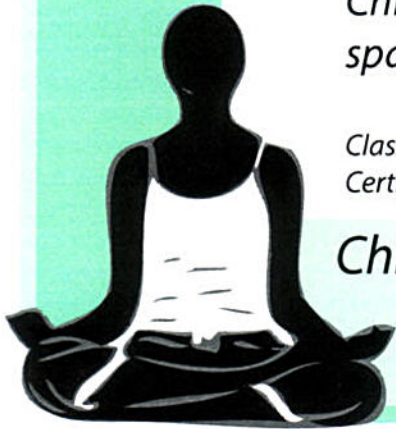
(1 time per week for 4 week intervals)

SINGLE CLASS - \$8

You may begin classes at anytime!

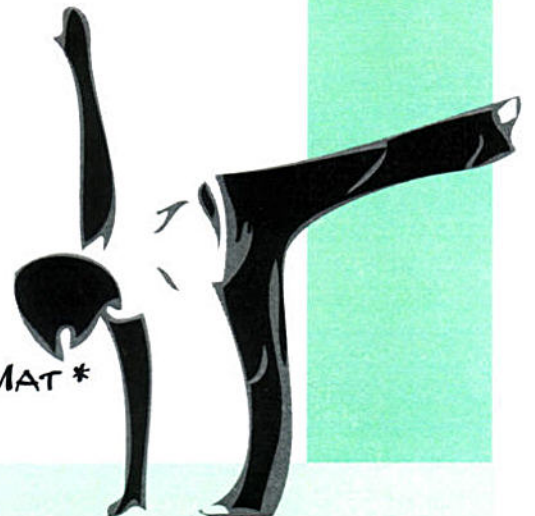
Chiropractic Partners now offering

YOGA CLASSES



- Classes are open to all levels, especially beginners.
- Everyone works at their own pace and level.
- Most poses can be modified (to create a healthy pose) to accommodate those with limitations such as low back/neck problems.
- Experience the many benefits of Yoga, including improved flexibility, focus, muscle tone and strength.
- Classes are structured in a non-judgemental environment to encourage students to trust their own intuition, increase self-awareness, and balance mind/body fitness.

*** YOU WILL NEED TO BRING YOUR OWN YOGA MAT ***
(All other props for classes are provided)



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