

## TWO NEW CLASSES:

### HATHA YOGA ALL LEVEL

WEDNESDAYS 6:00 -7:15pm

COLDEN SENIOR CENTER

6WEEK SESSION : 9/14 - 10/26 NO CLASS 10/5

YOGA: \$66.00 OR \$12.00 PER CLASS DROP IN

### STRESS MANAGEMENT 101

WE WILL LEARN WHAT STRESS IS, WHAT IT DOES  
PHYSIOLOGICALLY, HOW TO MOVE FROM REACTING TO  
RESPONDING BY UTILIZING INTENTIONAL MOVEMENT,  
BREATHING AND CONCENTRATION PRACTICES

WEDNESDAYS 7:15pm - 8:15

COLDEN SENIOR CENTER

5WEEK SESSION: 9/21-10/26 NO CLASS 10/5

STRESS MANAGEMENT : \$100.00 NO DROP IN

CONTACT: DEBBIE BARONE 716-695-4053 to enroll

CERTIFIED 200, 500 LEVEL INSTRUCTOR AND CERTIFIED YOGA STRESS  
MANAGEMENT INSTRUCTOR, CARDIAC MEDICAL YOGA INSTRUCTOR