

# "Relax!" "Help is Just a Breath Away"

Classes will be conducted by Ms. Kathy Randolph and/or Ms. Kathleen McKnight  
 Certified Practitioners of the Yoga Center in Reno

## YOGA Summer Schedule

The Pyramid Lake Tribal Clinic/CHR Program conducts "Mini Yoga Classes" on Wednesdays and the 3rd Saturday of the month.

These classes will be suitable for everyone from infants, children to seniors with emphasis on safety, proper alignment, posture, breathing, stretching, and relaxation.

Part of this program offered is a Therapeutic Program for Infants and Children with Special Needs. *"Yoga for the Special Child™"*. If you have an interest in this program, individual classes are available, please contact Kathy Randolph at (775) 322-4600 for an appointment or to discuss your child(ren) needs. The cost for these individual classes are covered by this program.

Yoga classes (approx. 30 minute classes) will be held at the following times and are open to everyone.

*Come join the Kathy's and learn the benefits of Yoga for everyone.  
 Yoga mats and water will be available.*

Every Wednesday's			3 <sup>rd</sup> Saturday of Every Month
9:00 AM	-	10:15 am	Nixon Gym— <b>JULY ONLY</b>
10:30 AM	-	11:45 AM	Nixon Day Care
12:15 PM	-	12:45 PM	PLPT—Administration
1:00 PM	-	1:30 PM	Clinic
2:00 PM	-	2:45 PM	Wadsworth Day Care
			Family Time: 9:00—10:00 AM
			Open to Everyone 10:00-11:00 AM

*Updated: 06/15/2015*