

"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 FALL Schedule

The Pyramid Lake Tribal Clinic/CHR Program conducts "Mini Yoga Classes" on Wednesdays of each 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.

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

Every Wednesday's—Classes are Open to Everyone

9:15 AM	-	9:45 am	Wadsworth HeadStart begins 09/23/15
10:15 AM	-	10:40 AM	Nixon Day Care
10:40 AM	-	11:00 AM	Nixon Day Care—Toddlers
11:00 AM	-	11:30 AM	Nixon Head Start
11:45 AM	-	12:15 PM	PLPT—Administration
12:30 PM	-	1:00 PM	Clinic
2:30 PM	-	3:00 PM	Wadsworth Day Care/Brown Bldg
3:00 PM	-	3:30 PM	Wadsworth Day Care-Toddlers

Updated: 09/23/15—Classes subject to change.