



THERAPEUTIC/GENTLE YOGA

- **Therapeutic/Gentle Yoga** – 1 hour class, positions done standing & on the floor

Instructor: Mary Hilliker, RD, E-RYT 500, CYT is a certified Viniyoga teacher and Yoga Therapist with River Flow Yoga in Wausau. She has been a student of yoga for 20 years and a teacher for 12 years. Her goal is to help each student benefit from the practice of yoga, respecting and adapting for their unique structural or health challenges. She has over 2000 hours of experience working with groups and individuals.

Instructor: Heather Van Dalfsen, M.Ed, RYT 200 has been practicing the principles of yoga for over 15 years. Her 200 Hour Registered Yoga Teacher certification is centered in the Viniyoga tradition, which links breath with movement for optimal health.

Yoga for Wellness with Heather- 8 week session

You are ready! Each class will provide you with a welcoming space as you link your breath with movement, improving your physical and mental health. Strengthen and tone muscles while decreasing tension, introducing fluidity to your body and movements throughout your day. Increase your ability to calm your mind and improve your concentration. We'll be accessing the energy available in the seven Chakras and some classes will conclude with meditation. Whether you are a seasoned practitioner or new to yoga, jumpstart your new year with the benefits of yoga.

Location	Dates/Time	
Wausau Aging & Disability Resource Center- Wellness Room Cost: \$8/class or \$32 for 6-week session	January 9 th -February 6 th Mondays 8:30-9:30 AM	Pre-registration is required. Call the ADRC-CW to sign up. 715-261-6070.

CHAIR YOGA

- **Chair Yoga** – ½ hour class done standing and using a chair

Instructor: Mary Hilliker, RD, E-RYT 500, CYT is a certified Viniyoga teacher and Yoga Therapist with River Flow Yoga in Wausau. She has been a student of yoga for 20 years and a teacher for 12 years. Her goal is to help each student benefit from the practice of yoga, respecting and adapting for their unique structural or health challenges. She has over 2000 hours of experience working with groups and individuals.

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Location	Dates/Time	
Wausau Aging & Disability Resource Center- Wellness Room Cost: \$4/class or \$16.00 for 6-week session	January 9 th -February 6 th Mondays 9:45-10:15 AM	Pre-registration is required. Call the ADRC-CW to sign up. 715-261-6070.