

Yoga

At the Cooper Mountain Nature House
Adult Classes Wednesday & Saturday
Yoga for Kids on Friday



Yoga Adult Beginning & Intermediate Levels

Enjoy the amazing views from this facility while learning how to stretch deeply and completely with simple movements combined with conscious breathing. Increase your strength and flexibility and enjoy a more relaxed state of being.

16 years to Adult

WED 1/19-3/16

9:30 -10:45 a.m.

ID# CM32501 \$67 (9 weeks)

SAT 1/22-3/19

9:00-10:15 a.m.

ID #CM32502 \$67 (9 weeks)

Yoga for Kids

Ages 4 to 6 years

Enjoy stretching, bending, moving, and creating gentle poses through stories. Yoga for kids is an excellent way to promote balance coordination and the ability to concentrate. Bring a mat, towel or light blanket. Ages 4 to 6 years

FRI 4/1-5/20

1:30-2:30 p.m.

ID# CM42101 \$55 (8 weeks)

NEW!

Drop-in Fitness/Yoga for Adults
Drop-in Fitness Classes are now available for \$9. No drop-ins for full classes.



Serving Beaverton and the west side since 1955.

Please call to register: 503/629-6350 or register on line at www.thprd.org/activities

