

Gentle and Restorative Yoga

All Levels - Even Beginners!

Drop-in: \$7

(\$5 for PHC Patients)

Punch Card: \$28 for 5 Classes

(\$20 for PHC Patients)

Unlimited Monthly Card: \$40

(\$30 for PHC Patients)

Purchase a card at your first class or today at our Welcome Desks!

*** Qi Gong is a free class!**

Class Type	Location	Schedule	Provider
Gentle Yoga	PHC	Mon 5:30 pm - 6:30 pm Fri 12:30 pm - 1:30 pm	Maya (Eng/Span) Maya (Eng/Span)
	RP	Tues 4:00 pm - 5:00 pm Fri 10:00 am - 11:00 am	Maya (Eng/Span) Maya (Eng/Span)
Qi Gong *	PHC	Fri 3:30 pm - 4:30 pm	Elad (Eng)

707.559.7500
phealthcenter.org