

# Yoga on the Terrace

## Gentle Yoga and Meditation-Level 1

Experience meditation and the healing aspects of yoga postures based on various concepts of ancient and contemporary yoga practices. Listen to the voices of nature as you allow the universe to gently release tensions to improve your overall health.

- Lessons will help improve your physical, mental, and possibly even spiritual health.
- Improve your circulation, flush out toxins, increase flexibility, strengthen muscles, and lower blood pressure.
- Release blocked energy zones, increase mental clarity, and restore youthful vigor.

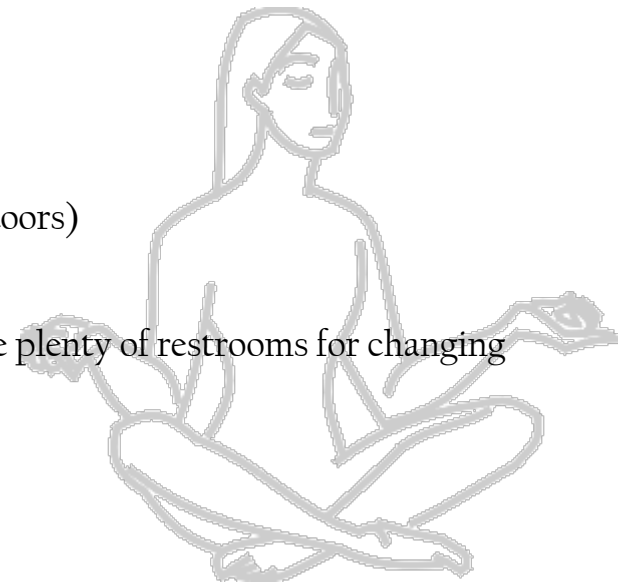
When: June 2, 2009 – July 9, 2009  
Tuesdays & Thursdays  
7:15 a.m.-8:15 a.m.

Where: Villa Terrace – lakefront terrace (outdoors)

Instructor: Marquita Edwards

Supplies: Bring a yoga mat or two, towel, water.

No locker room facilities, but there are plenty of restrooms for changing



Class size is limited. Registration recommended.

For more information: call Patty Redeker, 414/271-3656

## Registration Form:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone/Email: \_\_\_\_\_

Cost: \$15/class or \$180/entire 6-week series

*\*includes a yogurt parfait from Alterra.*

Entire 6 week series @ \$180

*\*Receive one complimentary class during your next 6-week session!*

Per class (\$15 ea.) Please circle

Tuesdays: 6/2    6/9    6/16    6/23    6/30    7/7

Thursdays: 6/4    6/11    6/18    6/25    7/2    7/9

# of classes \_\_\_\_\_ @ \$15 each

Total \$ \_\_\_\_\_

### Method of Payment

Check

Visa

Mastercard

Total:

CC #:

\_\_\_\_\_

Exp. Date:

\_\_\_\_\_

Signature:

\_\_\_\_\_

Make checks payable to CAVT Museums  
Mail w/payment to: Villa Terrace c/o Patty  
Redeker, 2220 N. Terrace Ave.  
Milwaukee, WI 53202