

Genesee Valley Council on the Arts
April 2022 YOGA Course Offering



Holly Adams, Bright Path Yoga, Yoga Alliance Certified RYS 200

Spring, the time of renewal and regrowth!

Open, unfurl, with the renewal of springtime through Yoga!

Mixed Level: For experienced students, or physically active beginners~ A balance of basic poses, both standing and seated, twists, shoulder and hip openers, back bends, Sun Salutations, offering both challenge and modification.

Dates/Time: 4:30-5:45 pm, Tuesdays

April 5, 12, 19 **Classes held in the Auditorium, Building 1, Murray Hill Drive**

Level 1: For beginners and those who wish to take it a little slower, with modifications for greater ease, including chair yoga and generous use of props (block, belt, blankets, wall)

Dates/Time: 11 am-12:15 pm, Thursdays

April 7, 14, 21 **Classes held at the Arts Council studio, Building 4, Murray Hill Drive**

To register call Genesee Valley Council on the Arts: (585) 243-6785 **OR** email Holly at hollyberryred@aol.com

Class fee: \$10/class. Pay by the class or by the month.

Drop-ins welcome- text Holly (585) 491-4215 to ensure space.

1 Murray Hill Drive, Mt. Morris NY~ parking just past auditorium

4 Murray Hill Drive, Mt. Morris NY~ parking in rear of Arts Council, follow signs, take stairs near Gift Shop/Gallery to studio upstairs.