



springyoga

April 10 – June 20, 2018
10 classes, spread over 11 weeks

with Sally Van Vleck
NeahtawantaInn.com

2018 spring schedule

Tuesday morning, 10:00 – 11:30 a.m.

Wednesday evening, 5:30 – 7:00 p.m.

Classes focus on building flexibility and strength while reducing the effects of stress and enhancing inner peace and well-being. All levels are welcome.

Location

The Neahtawanta Inn is located on the beautiful Old Mission Peninsula
www.NeahtawantaInn.com

Cost

April 10 – June 20

10 classes, spread over 11 weeks

(no class the week of May 15th)

\$110 for whole session, paid ahead

\$15/class if you pay as you go

Registration

Phone: 231.223.7315

Email: sally@nrec.org



Sally Van Vleck, RYT, is the co-director of the Neahtawanta Center and the innkeeper at the Neahtawanta Inn. She has practiced and taught yoga for over 30 years, and is a certified yoga teacher with the Yoga Alliance.