

Yoga & Art

Morning Retreats

Breathe • Move • Create • Reflect

Wednesdays, 9 – 11:30 am

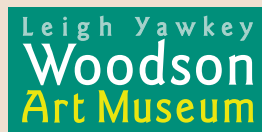
June 11, 18, 25 • July 9, 16, 23

Woodson Art Museum

Sculpture Garden & Galleries

Benefits

Ignite Creativity • Quiet the Mind
Reduce Stress • Express Yourself



www.lywam.org
Instructor, Jayna Hintz,
Curator of Education
Franklin & 12th Streets
Wausau, WI 54403
715.845.7010

Always FREE Admission

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Weekly blog Woodson Wanderings



www.riverflowyoga.net
Instructor, Heather Van Dalfsen,
M.Ed, RYT 500
heather@riverflowyoga.net

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Experience

- Gentle yoga linking breath with movements
- Develop mindfulness of self & surroundings
 - Self-reflection
 - Artistic expressions
- Explore different mediums: watercolor, clay, pastel

Register

Fee/class: \$25 for Museum members;
\$35 for non-members

Attend all six: \$100 for members;
\$140 for non-members

Art journal & yoga home-practice hand-outs included.
Bring mat & blanket; chairs provided.

Call the Museum at 715.845.7010 to register.

