July 8, 2009

Yoga Class Offered at New River’s Nicholas County Campus

[Summersville, WV] New River Community and Technical College will offer a Yoga class at the Nicholas County Campus, 6101 Webster Road, Summersville, WV, beginning July 13.

This brand new class consists of yoga basics, history, poses, breathing techniques, ways to incorporate yoga principles into everyday life, and using yoga to combat stress. The class will be led by Certified Yoga and Pilates Instructor, Christy Rose.

Tuition is $60 for 6 weeks of classes. The class will meet on Mondays from 6-8 p.m. through August 17. Call 304-872-4520 to reserve your place in this exciting new class. Class size is limited.

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