



Hatha Yoga - Online

Dates: Mondays (10/3, 10/10, 10/17, 10/24, 10/31, 11,7)

Time: 7:15 – 8:00 p.m.

Location: ****This class will be online.**

Cost: \$25

Instructor: Jennifer Zahn

Class Size: 20

Jennifer is a licensed physical therapist assistant for inpatient services at St. Luke's Hospital. She has trained in the martial art of Tae Kwon Do for several years and assists with children's classes and self-defense seminars. Jennifer also teaches yoga for the Center and is skilled in adaptive exercise for all participants.

To sign up, please email stacey.laughlin@stlukes-stl.com. Registration is confirmed in the order that your email is received. Payment is expected no later than the end of the first week of classes. To pay by check, send payment to the address below. To pay with a credit card, call 314-576-2300.

Our classes and programs are designed to **INSPIRE:**

Instruction

Nutrition

Safety

Peers

Interpersonal

Relations

Exercise

Important Notes:

- All clients signing up for a class must show proof of COVID-19 vaccination.
- If you need to cancel your registration, please let us know within the first week.

Albert Pujols
Wellness Center for *Adults* with
Down Syndrome

A service of St. Luke's Hospital

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