



CHEN YOGA at the FALLSTON CHENOWITH CENTER

Yoga classes for adults at the Chenowith Center are for students of all levels. Modifications are offered to benefit beginners as well as those that have been practicing yoga for a number of years. These classes are taught by Tom Trafton, EYRT-500 (Yoga Alliance certified) and Debbie Trafton RYT-200 (Yoga Alliance certified).

Classes for adults are held:

Tuesdays

5:00 pm - 6:15 pm

Wednesdays

5:00 pm - 6:15 pm

Thursdays

6:00 pm - 7:15 pm

10 WEEK 2022 FALL YOGA SESSION

taught by

Tom Trafton E-RYT-200, RYT 500

and

Debbie Trafton RYT-200

Session Dates

Sept. 27th to Dec. 6th

Tuesdays 5:00 PM - 6:15 PM

Wednesdays 5:00 PM - 6:15 PM

Thursdays 6:00 PM - 7:15PM

These classes will be offered at the
Chenowith Center in Room 5.
Register for 10 weeks for \$85/person.

Register on line at

<https://go.teamsnap.com/forms/333333>

YOU MUST REGISTER AND PAY ON LINE

For more information contact:

Debbie (dtrafton1015@gmail.com) or

Tom (yogitom@ymail.com)