

WORKSHOPS

MIND AND BODY

This series of workshops is designed to provide a balance to the demands of a busy schedule. All workshops are lead by certified staff. Preregistration is encouraged as space is limited. Register at the Member Services Desk. If you have any question contact Anne McDowell at amcdowell@seattleyymca.org

Location: Bellevue Family YMCA, Fitness Studio

Price: \$20 for Facility Members, \$40 for Program Members

Day	Time	Date	Workshop
Saturday	1:00-3:00 pm	Oct. 3	Mindful Meditation
Sunday	1:00-3:00 pm	Oct. 18	Qigong Workshop
Monday	6:30-7:30 pm	Oct. 19	Stress Management
Saturday	1:00-3:00 pm	Oct. 24	Tai Chi Workshop
Monday	6:30-7:30 pm	Nov. 2	Stress Management
Sunday	11:30-12:30 pm	Nov. 15	Women's Nutrition
Sunday	1:00-3:00 pm	Nov. 15	Yoga for Women
Sunday	1:00-3:00 pm	Dec. 13	Restorative Yoga

For more information, call 425-746-9900 or visit bellevueymca.org.

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle is a charitable, nonprofit organization serving King and south Snohomish Counties since 1876