

Yoga

With

Toni Smith

Thursday Evenings, 6:00 to 7:30 p.m.
Susan Odell Taylor School
116 Pinewoods Avenue, Troy, NY, 12180

Winter 2012 Series

January 5, 12, 26 February 2, 9, 23 March 1, 8, 22, 29

*No experience necessary, a class for the health of all body systems
Reduce stress while improving physiological range*

9 Classes - \$65.00

Drop in fee - \$10.00 per class, first time trial class - free

10 % discount for Taylor School Employees

Bring

yoga mat, strap, small blanket

Toni Smith, MFA, takes a Body-Mind Centering® approach to classical Hatha Yoga. She is a member of the Dance Faculty at Skidmore College, teaches Adaptive Yoga at the Center for Disability Services in Albany, is on the Yoga Wellness staff at the Troy Family YMCA and teaches Body-Mind Centering® at the Center for Nia and Yoga in Albany. Toni Smith is an Infant Development Movement Educator and maintains a private practice in Body-Mind Centering™ in the Capital Region.

For more information on classes, workshops and sessions offered by

Toni Smith contact:

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518-629-0034