

YOGA

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Yoga

Men's Only Yoga

Adults 14 yrs and up

If you're a man who's hesitated to try yoga—here is your chance to practice in a safe, comfortable setting to improve flexibility and overall health.

Instructor: Kurt Braun

Location: Yoga Studio

SESSION I

4 Mondays, Sep 9-Oct 7

No class: 9/30

6:00-7:00 PM

MEM \$48 / PTRN \$48 / COMM \$60

SESSION II

8 Mondays, Oct 28-Dec 16

No class: 10/14, 10/21

6:00-7:00 PM

MEM \$96 / PTRN \$96 / COMM \$120

Mindfulness and Well-Being Training, Part I

Adults 18 yrs and up

In this engaging four-week training, participants will learn practices to deal skillfully with emotions, mindfully regulate attention, and increase their capacity to experience well-being.

Instructor: Jamie Lynn Tatera

Location: Yoga Studio

4 Mondays, Sep 9-Oct 7

No class: 9/30

9:30-10:30 AM

MEM \$88 / PTRN \$88 / COMM \$96

Mindfulness and Well-Being Training, Part II

Adults 18 yrs and up

This class builds on the mindfulness and well-being skills cultivated in part I. In part II, participants will learn strategies to deal skillfully with difficult thoughts, grow resilience and self-compassion, as well as increasingly take in the positive experiences of life.

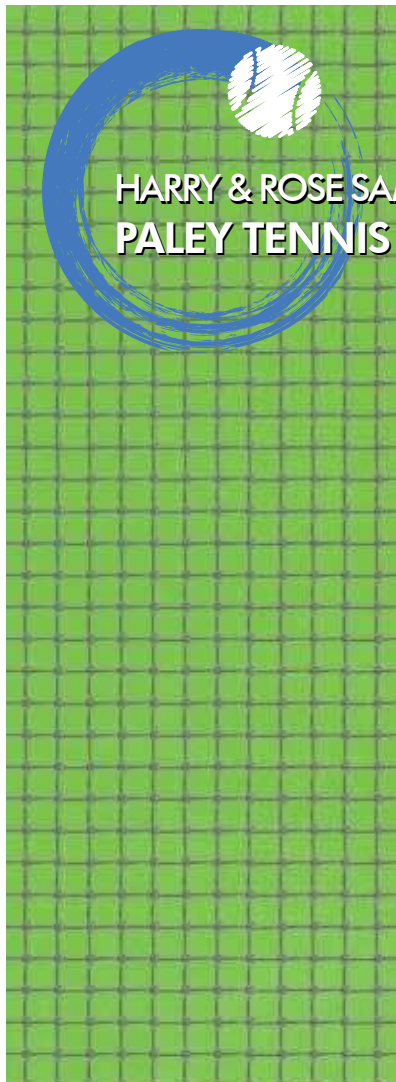
Instructor: Jamie Lynn Tatera

Location: Yoga Studio

4 Mondays, Oct 28-Nov 18

9:30-10:30 AM

MEM \$88 / PTRN \$88 / COMM \$96






Membership Value

Game. Set. Match.

Court time for JCC members from
September through May

Monthly Tennis Subscription

Family \$10 • Individual \$5

Half Price for Health Center Members • Free for Patron Members

JCC members have access to select court times throughout the week (subject to availability).
To schedule court time, contact the Peck Desk at 414-967-8260

To add a Tennis Subscription to your membership
contact Membership Director, Jamie Seitz
jseitz@jccmilwaukee.org • 414-967-8274