



Ha Vu' Yoga Classes

Yoga makes you feel good...mind, body & spirit!

Free for cancer survivors!

All others: \$30 per 3-week session (1st week)

Drop-ins: \$12 per single session

Pay instructor by cash or check only.

Two convenient SSM Health Care locations:

♦ **SSM St. Joseph Hospital West**
H.W. Koenig Medical Building
Community Education Center
400 Medical Plaza
Lake Saint Louis, MO 63367
www.ssmstjosephwest.com

♦ **SSM St. Joseph Medical Park**
Education Room
1475 Kisker Road
St. Peters, MO 63304
www.ssmstjoseph.com



Please try to arrive 5 minutes early to check in.

Recommendations: Bring a mat/towel and bottle of water.

Wear comfortable clothes and warm socks.

Call (636) 498-7850 to register.

For more information, please call (636) 498-7923 or (636) 755-3056.

All classes are on Wednesdays from 6:30-7:30 p.m.

Session 1: Jan 28, Feb 4 & 11

Session 2: Feb 25, Mar 4 & 11

Session 3: April 1, 8, May 6 & 13

Session 4: May 27, June 3 & 10

Session 5: June 24, July 8, 22 & 29

Session 6: Aug 5, 12 & 26

Session 7: Sept 2, 9, 16 & 30

Session 8: Oct 7, 14 & 21

Session 9: Nov 4, 11 & 18

Session 10: Dec 2, 9 & 16

Location: Hospital West/ Lake St. Louis

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