Are you looking for a workout program that's easy to learn, requires little or no equipment, soothes your soul while toning your body AND counts as a one credit course?
We have what you're looking for...

YOGA

PHED 110 YOGA FOR WELLNESS

(6 Weeks on Wednesday - May 13, 20, 27, June 3, 10, 17, 2009)

DiSepio Institute for Rural Health and Wellness Group Exercise Room
4:15 - 5:30 p.m. or 6:15 - 7:30 p.m.

$40 for Non-Credit Yoga series/pre-registration required
$351 for Credit Yoga series/pre-registration required

YOGA REGISTRATION FORM

(pre-payment/registration required ~ limited enrollment)

Name_____

Address_____

Phone_____Email_____

Payment for the Yoga classes must be made before the start of class.
□ check enclosed □ Visa/Discover/MasterCard

*card #*_____

*expiration date*_____

_____
Signature *Date*

SAINT FRANCIS UNIVERSITY
FOUNDED 1847

Please return registration form, along with payment to:
Saint Francis University Office of Continuing Education
P.O. Box 600, Loretto, PA 15940
Phone: 814-472-3012 ~ Fax: 814-472-3299 ~ oce@francis.edu