

# **Southern Village Club**

## **Flow Yoga (with pilates infusion) Classes**

### **8-week session! 16 Classes!**

**WHERE:** Southern Village Clubhouse

**WHEN:** Classes run March 7 — May 4th  
(no classes week of April 2nd/spring break)

**CLASS TIME:** Wednesdays/Fridays 8:15—9:15 am

**FULL COST:** \$140 **ONE CLASS/WEEK:** \$80 **DROP-IN:** \$12

**BRING:** Yoga mat, water bottle & any accessories you like!

**Erin Dangler** has been practicing and teaching yoga for over fifteen years and pilates for eight. She is certified with YogaFit Training Systems & Expert Rating. This 1-hour class is a flowing yoga class, moving from posture to posture by connecting the breath. Students will increase flexibility, build strength and develop cardiovascular health. A unique 10 minute pilates section will add an extra core-strengthening component. Class is considered intermediate but can be modified to suit gentler or more active needs! Erin enjoys being real and adding a sense of humor to the workout!

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**NAME:** \_\_\_\_\_

**CIRCLE ONE:    FULL SESSION    or    ONE/WEEK**

**EMAIL:** \_\_\_\_\_

**CELL:** \_\_\_\_\_ **HOME:** \_\_\_\_\_

Please mail form and full payment (checks made payable to Erin Dangler) to 104 Windorah Place Chapel Hill, NC 27517

Questions? Send and email:  
erinrdangler@gmail.com or bdangler@nc.rr.com

Sorry, can not pro-rate for absences or offer refunds.  
Must have total of 7 full-paying participants for class to run.