



WythaBalance Yoga – Counseling LLC  
5117 Highgate Drive, Suite 200  
Durham, NC 27713

Come out and learn how to reduce stress while stretching your body, mind and spirit. Join us in a Yoga Class.

### **Adult Classes**

#### **Tuesday, Wednesday & Thursday Classes**

Gentle Yoga Class – 6:00pm – 7:00pm

#### **Saturday Classes**

Gentle Yoga Class – 9:30am – 10:30am

Flow Yoga – 11:30am – 12:30am

Yoga/Mindfulness/Meditation – 1:30pm – 2:30pm

#### **Sunday Classes**

Gentle Yoga – 4:00pm – 5:00pm

Yoga/Mindfulness/Meditation – 6:00pm – 7:00pm

<b>Class Prices</b>	<b>Price/Class</b>	<b>Counselor Student/Teacher Discount</b>
Drop In	\$15	\$10
5 – Class Pass	\$70	\$50
10 – Class Pass	\$130	\$100
20 – Class Pass	\$240	\$200

### **Kids Yoga Classes**

2<sup>nd</sup> and 3<sup>rd</sup> Saturdays – 11:00am – 12:00pm

Ingrid Saddler - Walker – M.A. School Counseling, M.A. Clinical Mental Health Counseling, RCYT 200 Kundalini Trained in Adult and Kid yoga. Teaching children with ADD, ADHD and Differently-Disabled children. Trained in Mindful Schools and Mindfulness for school-age children. Trained in Street Yoga for at-risked youth.

To register please contact: (919) 423-8844 - [www.wythabalance.com](http://www.wythabalance.com)