



FourPoints
HEALTH

FourPointsHealth.org

FREE YOGA CLASSES

When: Every Thursday at 7:00 PM

Where: Paiute Indian Tribe of Utah

Front Conference Room

440 N. Paiute Drive, Cedar City



CLASSES START FEBRUARY 7, 2019

Open to the public

The class is for all experience levels

Equipment is available on a first come first serve basis

Contact yoga instructor, Cody Cox at codymarkcox@gmail.com
with questions or for more information.

Yoga is an ancient practice that brings together mind and body. It incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress.



(800) 658-5340

Cedar City:
(435) 867-1520

Richfield:
(435) 893-0977

Kanosh:
(435) 759-2610

Shivwits:
(435) 688-8198

