

Yoga & Tai Chi

in the Gallery

at the Hickory Museum of Art

FREE CLASSES

Experience the health benefits and relaxation of Yoga and Tai Chi among the artwork of Michael McCall.

YOGA



Two Wednesdays: July 21 & August 18

6pm - 7pm

Instructor Katheryn Harlan

Beginners/Gentle Class

(no experience necessary)

Bring:

- comfortable clothing
- yoga mat
- yoga blanket or 2 beach towels

TAI CHI



Wednesday, September 1

6pm - 7pm

Certified Instructor Rick Berry

Beginners Class

(no experience necessary)



HICKORY
MUSEUM
OF ART

The Arts & Science Center of Catawba Valley
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www.HickoryArt.org • 828.327.8576

