



# Relax With “The Yoga Nurse”

- Therapeutic yoga improves the function of the nervous and immune systems, increases function of the cardiovascular and respiratory systems, decreases chronic pain, anxiety, depression and so much more!
- Instructor, Annette Tersigni, RN makes yoga accessible to all levels and specializes in gentle, medical yoga as a form of therapy.
- Classes offered at 5:15 pm at the Carteret County Parks & Recreation classroom space at 1702 Live Oak Street.

**Please bring a mat or towel to class.**

- Cost is \$45 for 5 sessions - Each Tuesday for 5 weeks. Registration and fees are due prior to first class to reserve a spot. Minimum of 8 required to hold class.

**Pre-registration required.**

- **To register, or for more information contact: Annette Tersigni at 252-725-1924**

**or [www.ccparksrec.com](http://www.ccparksrec.com) or email**

- Visit instructor's website at: [www.yoganurse.com](http://www.yoganurse.com).

Class scheduled for January 10, 2012 through February 7, 2012  
beginning at 5:15 pm.

**YOGA FOR BEGINNER TO INTERMEDIATE LEVELS.**