

CASCADIA's Lifelong Learning Classes

Northshore Senior Center has a new partnership with our neighbors at Cascadia Community College. These Lifelong Learning classes are especially designed with the mature adult in mind, giving those 55 or older access to a range of absorbing topics. If you are interested in attending this class, mail in the registration below.

Yoga


Hatha Yoga: includes postures, breathing, and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness, as well as an ability to relax. Includes focus on joint alignment, building core strength, and matching movement to breath. Bring a mat to class.

Fee: \$80.00 Teri Hensen

7pm - 8:pm, 8 sessions

Wed Jun 23 - Aug 18, (*no class Jul 14*), Northshore Senior Center, MPR





CASCADIA
COMMUNITY COLLEGE

Community Education Registration
18345 Campus Way NE
Bothell, WA 98011

Registration Form - Non-Credit Classes

Name _____ Date of Birth _____

Address _____

City _____ Zip _____

Phone (____) _____ - (____) _____ (day) (evening) _____ email _____

How I heard about this class: CCC schedule web previous student other

Quarter (Summer, Fall, Winter, Spring)	Item #	Class Title	Fee
		TOTAL	

CHECK ENCLOSED - Make checks payable to Cascadia Community College"

CREDIT CARD: VISA MASTERCARD ACCOUNT NUMBER _____ EXPIRATION DATE _____

CARD HOLDER NAME _____

NOTE: All Community Education classes must be paid in full at the time of registration. Confirmations are not issued for class registrations. You will receive a mailed confirmation of payment received. You will be notified if a class is cancelled by the college, and a full refund will be issued. Fees for non-credit classes are not refundable unless a written or emailed request is received in the CE Office prior to 3 working days before the class start.