



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEGIN BALANCE BREATHE

YOGA DAY AT THE Y
Saturday, February 2nd
8:30 AM—2:30 PM (schedule below)
IRONWORKS BRANCH

Join us for a day of workshop-style yoga classes led by our yoga instructors. You can deepen your favorite Vinyasa flow, fine-tune a challenging pose, explore a new yoga style, or sample a bit of everything. All levels of experience are welcome, so take this chance to investigate the yoga offerings available at the Stateline Family YMCA. Register at the Front Desk, online or through our app! Questions? ahoverson@statelineymca.org.

Schedule for the day:

8:30-9:00	Meditation with Heidi
9:15-10:00	Hatha Yoga with Brenda
10:15-10:45	Plank Pose with Aaron
11:00-11:45	Slow Flow with Sonya
12:00-12:45	Yin with Liliana
1:00-1:45	Restorative with Kathy
2:00-2:30	Kids' Yoga* with Brenda & Jinjer



*Kids Yoga is for ages 6-9
and no parent is needed in
order to participate.

Members: FREE—pre-registration required per workshop
Community: \$7 per workshop—pre-registration required