



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Yoga

**Compasivo Yoga** – This class includes an equal blend of warm ups, postures, breath technique, meditation, and deep relaxation that encourages students to completely embody their practice from head to toe with self-compassion. The practice promotes well-being and encourages students to seek balance both on and off the mat. This class is good for all levels of yoga experience with an emphasis on mind-body awareness, relaxation, meditation and mindfulness. For ages 16 & up.

**Hatha Yoga** – Each class focuses on a specific body part (legs, shoulders, core) or pose (hop openers, twists, inversions), and uses a variety of asana (pose) to achieve a deeper understanding of that focus. Participants move slowly into the poses and stay for a few breaths, developing strength and flexibility, and using props and modifications to adjust the practice so it is useful for every student. This class is good for all levels of practice, including beginners. For ages 12 & up. Children ages 12-15 must be with an adult during the class.

**Gentle Yoga** This class is accessible for all and incorporates effective yoga postures, along with basic breathing techniques, relaxation, and meditation. Postures are seated or standing with the support of yoga accessories, or props, to create balance, ease and body awareness. This class is good for all levels of practice and especially for those that are new to yoga. For ages 16 and up.

**Vinyasa Yoga** – Vinyasa links breath and movement promoting harmony of mind, body and spirit. This class focuses dynamic sequences of flowing yoga postures built around Sun Salutations, with continued attention to breath and alignment. Energize, strengthen and build heat as you work to refine postures and deepen your connection to your body and mind. Most of the time, the studio is heated for this class—stay up to date with our Stateline Family YMCA app. Temperatures for Heated Vinyasa is between 85 -90 degrees. Prior yoga experience is recommended. For ages 16 and up.

**Yin Yoga** – Yin practice focuses on increasing flexibility and range of motion, strengthening the joints and decreasing deeply held physical tension with a focus on relaxing the muscles, in order to gain deeper access to the joints and connective tissues. We use mindfulness techniques to promote a calm and meditative state of mind. Yin Yoga is in perfect balance to the more heating and muscular-based forms of yoga and appropriate for all levels of yoga experience. For ages 16 and up.

## Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 a.m. Vinyasa Flow Liliana		9-10 a.m. Heated Vinyasa Flow Heidi			9-10 a.m. Heated Vinyasa Flow Tara	
10:30-11:45 a.m. Gentle Yoga Kathy		10:30-11:45 a.m. Gentle Yoga Kathy			10:30-11:45 a.m. Compasivo Yoga Kathy	10:30-11:45a.m. Mindful Yin Yoga Kathy
	6:30-7:30 p.m. Vinyasa Flow Sonya/Aaron	5:30-6:30 p.m. Heated Vinyasa Flow * Heidi <i>*starts 10/10/18</i>	6:30-7:30 p.m. Hatha Yoga Brenda			