



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Yoga

Compasivo Yoga - This class combines gentle, restorative, and Yin poses that let the muscles and tissues relax. Each class concludes with guided meditation.

Hatha Yoga - Each class focuses on a specific body or pose & uses asana to achieve a deeper understanding of that focus. We move slowly and stay for a few breaths, developing strength and flexibility while using props and modifications to adjust the practice.

Gentle Yoga - This slow paced class includes an equal blend of warm-ups, postures, breath technique, meditation, and deep relaxation. The focus of this practice encourages students to seek balance and ease, on and off the mat.

Vinyasa Yoga - Vinyasa combines movement and breath in an invigorating sequence of poses that will leave you feeling physically and mentally stronger. Come to class prepared to sweat!

Yin Yoga - This gentle practice helps to cultivate awareness of inner silence and stillness. Yin yoga poses apply moderate stress to the connective tissues of the body with the aim of increasing circulation and improving flexibility.

Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 a.m. Vinyasa Flow Heidi		9-10 a.m. Vinyasa Flow Heidi			9-10 a.m. Vinyasa Flow Rotation	
10:15-11:15 a.m. Gentle Yoga Kathy		10:15-11:15 a.m. Gentle Yoga Kathy			10:15-11:30a.m. Yin Yoga Kathy	10:15-11:30a.m. Compasivo Yoga Kathy
	12-1 p.m. Hatha Yoga Brenda		12-1 p.m. Yin Yoga Kathy			
	6:30-7:30 p.m. Vinyasa Flow Heidi		6:30-7:30 p.m. Hatha Yoga Brenda			