



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOGA POSE MODIFICATIONS WITH PROPS

YOGA PROP CLINIC Stateline Family YMCA IRONWORKS BRANCH

In this special 2-hour class, we will explore the myriad of ways props (blocks, belts, blankets, bolsters, the wall) can help expand your practice by making challenging poses more accessible, or transforming standard poses into deeper stretches. We will take a closer look at such asana as Bound Angle, Warrior 2, Twisted Head to Knee, Seated Forward Fold, and Hand-to-Big-Toe Pose. This class is open to all skill levels and modifications will be personalized for each participant. Limited to 15 students.



Register at the front desk, online at www.statelineymca.org or through our Stateline Family YMCA App!

Saturday, October 20th 12:30–2:30 PM with Brenda

Members: \$7

Community: \$15

STATELINE FAMILY YMCA
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P 608 365 2261 www.statelineymca.org