

Yoga



***Increased Flexibility
and
Strength***

***Reduced Stress
Levels***

***Improved Focus and
Concentration***

Yoga for Adults and Kids

Adults

Classes are taught in the yoga style of Vinyasa Flow which links breathing with movement, promoting harmony of mind, body and spirit. Vinyasa Flow is a fun, life affirming form of yoga where the body and mind playfully explore yoga poses that are carefully sequenced for a safe and healthy experience.

Mondays at 9:00 a.m.;

Classes are 45 minutes in length;

\$90 for 10 weeks;

For students 18 years or older and any level of yoga experience;

A yoga mat is required;

Class Minimum/Maximum: 4/15

Taught by Becky DeRosa.

Kids

In this class students will learn yoga-based movement, breathing and relaxation in a fun and non-competitive environment using a variety of games, music, arts and storytelling. Active participation in class will facilitate self expression, social skills, self acceptance and confidence.

Saturdays at 9:00 a.m.;

Classes are 1 hour in length;

\$160 for 10 weeks;

For students 5 years or older and any level of yoga experience;

A yoga mat is required;

Class Minimum/Maximum: 4/15;

Taught by Komal Joshi.

**Please see the office for class availability,
details and to sign up.**

Gym **Spot**