

# 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;

\$130 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**