



## **Yoga for Adults**

**Every Tuesday Starting September 10, 2019**

**8:30AM - 9:30AM**

This yoga class will include fundamental principles along with awareness of breath to improve flexibility, alignment, balance, and mobility. Learn to listen and reconnect to your body. Modifications will be given as needed. Beginner Friendly.

## **Meditation and Yin Yoga for Adults**

**Every Thursday Starting September 12, 2019**

**8:30AM - 9:30AM**

This class will incorporate gentle postures that are held longer (typically two to five minutes) to receive a deep stretch and allow for muscular and connective tissue release. Longer held poses allow for surrender, acceptance, and development of mindfulness to help you cope with daily stressors. Yin yoga will improve flexibility, mobility, and create a sense of mental calmness. All levels welcome.

### **Benefits of Practicing Yoga:**

- \*Lowers Blood Pressure
- \*Calms Your Nervous System
- \*Improves Your Body Image
- \*Helps Digestion
- \*Boost Weight Loss & Energy Level
- \*Improves Mood
- \*Increases Focus
- \*Self-Care - Take an Hour For Yourself

**Due to limited space, pre-registration is required to reserve your spot in class.** Please call **757-222-4944** to

schedule. Please arrive at least 5 minutes early to set up.

**Cost:** \$12 a class - due upon arrival. Mats are available if needed.

