



YOGA

MAY 6, 13, 20, 27

Register by May 3rd

FUNK-TIONAL YOGA - \$32 Thursdays 9:00-10:00AM

A yoga class taught with a gentle, mindful practice for the body, mind, and spirit. This nurturing, less strenuous style includes slow stretches to increase flexibility and range of motion. All postures are taught at a relaxed pace, linking breath and movement.

EVENING YOGA - \$32 Thursdays 5:30-6:30PM

A vinyasa based class in which movement is linked with the breath, using a variety of postures to cultivate balance, strength, flexibility, and endurance, while also learning to quiet the mind to find inner stillness & peace. An optimal way to destress, reconnect the body, and calm the mind after your hectic work day!