

# FREE YOGA

**MEMS!  
ONLY!**



**JANUARY 2 - APRIL 30**

2019

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 AM		Gentle Yoga 6:20-7:20a.m.		Gentle Yoga 6:20-7:20a.m.	
8 AM	Vinyasa Yoga 8:20-9:20a.m.		Vinyasa Yoga 8:20-9:20a.m.		Yoga for Strength 8:20-9:20a.m.
9 AM	Gentle Yoga 9:30-10:30a.m.		Gentle Yoga 9:30-10:30a.m.		Deep Stretch 9:30-10:30a.m.
11 AM		Yoga for Strength 11:30a.m.- 12:15p.m.		Yoga for Strength 11:30a.m.- 12:15p.m.	
4 PM		Vinyasa Yoga 4:30-5:30p.m.		Yoga for Strength 4:30-5:30p.m.	
5 PM		Yoga for Strength 5:45-6:45p.m.		Gentle Yoga 5:45-6:45p.m.	

## VINYASA YOGA

Move through poses at a moderate pace to safely open and strengthen the body. Each class will vary with poses to challenge the mind and body. Variations will be offered enabling you to personalize your practice. All levels welcome.

## DEEP STRETCH

A conscious mind/body practice designed to bring your whole body into a deeply relaxed state, allowing your mind to become quiet and reflective. Comfortable poses mostly on a mat are settled into for 1-3 minutes to allow for working deeper into the connective tissues with the aim of increasing circulation in the joints and improving flexibility.

## GENTLE YOGA

Great class for beginners, and everyone interested in exploring a slower, softer practice. This class includes foundational poses as well as breathing exercises and meditation.

## YOGA FOR STRENGTH

A fitness-based approach to a Vinyasa style flow. You can expect a great cardiovascular and strength building workout with this vigorous class that puts an emphasis on stamina along with flexibility. Previous yoga experience or athletic ability preferred.

**Choose your FREE YOGA.  
No registration required!**