

## Class Descriptions

### Tai Chi

Bring health and harmony to the mind and body with a series of flowing movements. The forms develop strength and flexibility, increase energy and reduce stress. Open to all levels.

### Teen Girls Yoga

For girls ages 13 and up. Fun and creative, move your body in new ways and take time to quiet your mind.

### Yoga 1

Stretch, strengthen, relax. Emphasis is on learning proper alignment and form of basic yoga postures, coordination of movement and breathing, building strength while increasing flexibility and endurance and relaxation. Adaptable for all levels.

### Yoga 2

Building on the foundation of Yoga 1, more challenging poses will be introduced. Including inversions, backbends and Sun and Moon Salutations. Prerequisite: Yoga 1 or other prior yoga experience.

### Flow Yoga

A creative, challenging practice that builds core strength, stamina and flexibility through sequences of postures linked to the breath. Prerequisite: Yoga 1 or other prior yoga experience.

### Healthy Back

For those with back, neck and/or shoulder pain that may respond well to movement, this slow-paced class will attempt to address the specific needs of each participant.

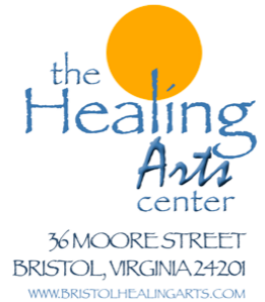
### Yoga Plus+

Beginner class specifically designed for those new to yoga who would also like to address overall health and nutrition. This is a small private class for Plus + Size Ladies who are ready to introduce Yoga and other exercise into their overall Nutritional program. 30 minutes yoga, 1 hour nutritional class

### Beginning Yoga/Nutrition

This class is designed for the first time yoga enthusiast who may or may not have a few post-holiday pounds to lose. After a one-hour basic beginner class we will have a 30 minute presentation focusing on making good choices in our foods, our lives and in our hearts. (The nutrition part of this class is optional but recommended.)

### Chair Yoga



A combination of gentle standing poses and those performed while sitting in a chair. Specifically designed for seniors and/or people with limited mobility

**Pilates**

Builds a lean body without bulk and strengthens core by emphasizing proper breathing and using controlled flowing movements. Adaptable for all levels.