



YMCA

Saturday Yoga Workshops

Deepen your practice with these weekend workshops. Each class will focus on a theme and introduce a variety of poses, both basic and more advanced. Suitable for all skill levels.

- **January 23 9:30-11:00a.m.**

Shoulder Openers, Arms

We often store stress in our upper back and shoulders. We will start with poses that work the upper body and arms to warm and strengthen them, and then we will stretch and relax these tight muscles and stiff joints with gentler opening poses.

- **March 20 9:30-11:00a.m.**

Inversions and Balance Poses

A strong core, torso and ankles all contribute to your ability to keep your balance. This group of poses will work these muscle groups, as well as help calm the mind with simple supported inversions.

- **May 22 9:30-11:00a.m.**

Strengthening the Core, Abdominals and Standing Poses

Yoga works subtly to increase strength and flexibility. This is especially true with standing poses, which require balance and also strength to resist the pull of gravity. Experience the deep work associated with these easy to get into challenging to hold poses.

- **February 20 3:00-4:30p.m.**

Forward Bends and Hip Openers, Legs

Tough aerobic workouts can lead to tight hamstrings, quads, and hip flexors. These poses stretch and lengthen the big muscles in the legs and lubricate the hip joints, which allows for greater flexibility in the legs, hips, and lower back.

- **April 24 3:00-4:30p.m.**

Chest Openers and Back Bends

Slouching or a rounded back often lead to tight muscles in the chest. We will open the chest and stretch the spine with this series of gentle bending poses (some while lying on the stomach), designed to improve the flexibility of the backbone.



YMCA Members: \$10/session

General Public: \$15/session

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