

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEVER STEPPED ON A YOGA MAT BEFORE??

THEN THIS CLASS IS FOR YOU!

4 SATURDAYS: MARCH 9, 16, 23 & 30 FROM 1:15-2PM

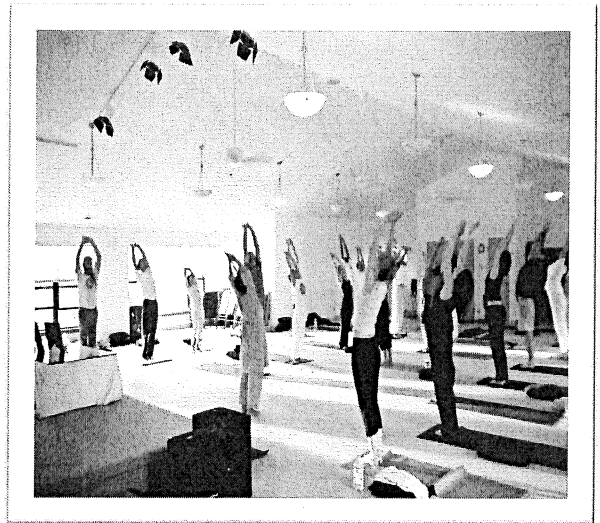
**CLASS SIZE IS LIMITED TO 15 PEOPLE
PRESENTED BY STACY STAMPONE**

This 4-part series will introduce you to the basics of Hatha yoga. Hatha yoga includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. Join Stacy as she introduces the basic poses and alignment of yoga. Yoga has many benefits:

- increases your flexibility and increase muscle tone and strength
- improves your circulatory and cardio health
- helps you sleep better
- Increases your energy levels
- Improves athletic performance
- reduces injuries
- detoxifies your organs
- improves your posture and releases endorphins that improve your mood
- improves anxiety and depression and helps with chronic pain

FEES & REGISTRATION

Class is \$50 for all 4 sessions; register online, in person, or call the Y



LAKELAND HILLS FAMILY YMCA
100 Fanny Road, Mountain Lakes, NJ 07046
P 973 334 2820 F 973 334 1308
www.lakelandhillsymca.com

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