

### **Experienced Class with Sue Croley Mon & Fri, Lynne Sells on Wed, 8:00-9:15**

This class offers a blend of exercises and poses to improve strength, flexibility as well as balance with emphasis on breathing, alignment and body awareness. The instructors offer modifications for beginners or those preferring a gentler practice, plus suggestions for more challenging variations for students with more yoga experience. We practice bringing the pose to your body, not your body to a pose. We look forward to seeing you on the mat.

### **Stretch & Flow with Lynne Sells Mon/Wed/Fri 9:30 – 10:45**

Learn to safely strengthen, lengthen, balance and transition mindfully through postures. Find your inner resources as you align yourself in your expression of each posture. Make this class as gentle or rigorous as you wish. Modifications are offered. Safe alignment is taught. We commit to compassion toward the self. We do our best and forget the rest.

### **Gentle to Moderate Class with Teri Goszka Tues/Thurs, 9:00-10:15**

In this class, beginners and experienced practitioners can find the benefits of a complete practice. Each class has a focus designed to target an area of the body for stretch, strength and ease. Options to do less or do more, depending on your desire that day, are encouraged throughout. Expect to use props to create comfort throughout. Just bring your smile, your mat, and enjoy a safe experience in a fun group of people. (Arrive early during “Snow Bird Season” as our room capacity is limited to 40.)

### **Chair Yoga Class with Deborah Frost Mon/Wed/Fri, 11:00-12:00**

This class includes the many benefits of yoga while enjoying the support of a chair. The majority of the poses will take place seated, while some will be performed standing using the chair as a prop and for support. The focus of the stretches and poses is to improve flexibility, skeletal alignment, muscle tone, posture, balance, circulation, breathing, and to relieve stress and tension in the body and mind. Each pose or stretch is done slowly and in conjunction with the breath. The instructor provides plenty of verbal instruction throughout. The practice ends with ten minutes of Savasana (relaxation), which may be accompanied by guided visual meditation, guided relaxation, positive affirmations or calming music.

### **Basics with Susan Caputo Tuesday, 1:00 – 2:15 pm**

This class is a basic beginners’ class. Students work on flexibility, strength, and body awareness, learn proper alignment, and are taught the use of props. The class is taught in the Iyengar method. We focus on classical poses that will provide the basis for the practice of yoga.

### **Relax & Restore with Lynne Sells Thursday, 6:00-7:30 pm**

This class was started years ago for those of us who are still working and cannot attend day time classes. We have added people who simply seek a relaxing evening practice to strengthen and stretch while down on the mat in a dark room with a half hour guided meditation in savasana. Opening our energy channels to ease the body and calming the mind in meditation often produces the best night of sleep in the week.