

# MIND/BODY CLASS Descriptions

**YOGA** is the perfect space to align breath to movement. It is beneficial for joint mobilization, flexibility, strength, breath-awareness, mind-body connection, balance, relaxation, rejuvenation and more:

**Chair Yoga:** a beg./int. flow that uses chairs as props; allowing students to experience additional support in poses.

**Gentle Yoga:** a slower-paced flow suitable for all levels; focuses on stretching, myofascial release, and breath work.

**Yoga I-II:** a flow that may include sun salutations, balancing poses, and myofascial release; emphasis is on alignment.

**Yoga II:** a moderately-paced flow that includes sun salutations, balancing poses, and intermediate postures.

**Yoga II-III:** a more advanced power flow that incorporates arm balances, inversions, and advanced sequences.

**Restorative Yin Yoga:** slower-paced movements that target fascia and joint spaces through holding poses for longer amounts of time; seeks to achieve physical, mental and emotional relaxation with the aid of props.

**TAI CHI** Incorporates gentle, fluid movements at a slow tempo and teaches mind-body movement patterns. Tai chi can help increase balance, concentration, and coordination; also beneficial for individuals with Parkinson's, MS, and ALS.

**STRETCH AND CORE** Add more movement and flexibility with upper and lower body stretching and integrated fitness techniques to help tone.

**LES MILLS BODY BALANCE™** Musically-infused class incorporating a flow of yoga poses, elements of Tai Chi, the strength of Pilates and the benefits of stretching. Breath control is a part of all movements. Strengthens entire body and provides a calm and centered result.