



# YOGA FITNESS

## FALL I 2014

Effective September 2

The ancient art of Yoga is known to increase flexibility, improve endurance and reduce stress. Guided poses and focus on controlled, mindful breathing will help participants find balance. The Princeton Family YMCA offers a variety of yoga programs for all ages and ability levels. Read below to find the class that is best for you! Unless noted, all classes are held in our Spirit, Mind, Body Studio.

### CHAIR YOGA: *ages 50+, or those with limited mobility*

A very gentle yoga practice in which a chair is used for support. You will move your body through seated, standing and prone poses. This class is specially designed for those who have limited movement, injury or just want to take it slow. Classes held in the Buck Family Group Exercise Studio. **Thursday 10:30-11:30am**

### EASY FLOW YOGA: *ages 7-11 with parent, 12+ without*

A gentle workout for body, mind and spirit synchronizing breath with movement through a flowing series of basic asanas and sequences. The flow is designed to develop balance, build strength, increase flexibility, reduce stress and heighten awareness.

**Wednesday and Thursday 12:00-1:00pm**

### HAPPY HOUR YOGA FLOW: *ages 7-11 with parent, 12+ without*

Come, enjoy, and allow your mind to take a break at the end of a busy week while your body explores slower moving, but challenging, yoga poses in this uplifting class! Have fun, play and inspire one another in this rejuvenating flow. Get ready to let go and go for it. Some yoga experience preferred, BUT do not let lack of experience deter you from trying it out!

**Friday 5:-6:15pm**

### HATHA FLOW YOGA:

This class is designed to build strength, balance and flexibility through a mindful flow practice. Alignment principles are incorporated with a fun, creative flow of postures that celebrates each person's unique expression and experience of the art of yoga. This class will also help you learn how to use yoga as a vehicle toward increasing awareness and cultivating joy and compassion.

**Saturday 10:30-11:30am**

### HATHA YOGA: *see age limits below*

A traditional yoga practice where more static poses are used to help you build strength, increase overall flexibility and gain wellness and relaxation in your daily life. Poses are held longer than in flow classes in order to help open your body and deepen your poses. All levels welcome.

**Monday 11:45am-12:45pm - ages 13-15 with parent, 16+ without**

**Friday 12:00-1:00pm - ages 7-11 with parent, 12+ without**

### THE ORIGINAL YOGA SYSTEM: *ages 7-11 with parent, 12+ without*

Also referred to as the Maha Yoga, this class consists of eight steps and in each 75-minute class, instructor walks you through different techniques of Bioenergy, Asana (Postures), Pranayama (Breathing), Pratyahara (Astral Techniques), Concentration, Meditation and Deep Relaxation. This lesson is ideal for any level.

**Tuesday 5:15-6:30pm**

### POWER YOGA: *ages 16+*

A faster and more challenging yoga class where you build strength while connecting your breath to the movements of your body. Classes incorporate attention to alignment, building strength and moving with the breath. Be prepared to get sweaty. It's recommended that you bring a towel and a water bottle.

**Tuesday and Thursday 9:15-10:15am**

### YOGA KIDS\*: *ages 2 1/2 - 4*

Children are natural yogis because of their "in the moment" attitude. Yoga nourishes their minds, bodies and spirits, satisfies their love of physical activity and need for creative expression and paves the way for a life-long tradition of health and fitness.

**Friday 9:30-10:10am, 10:20-11:00am**

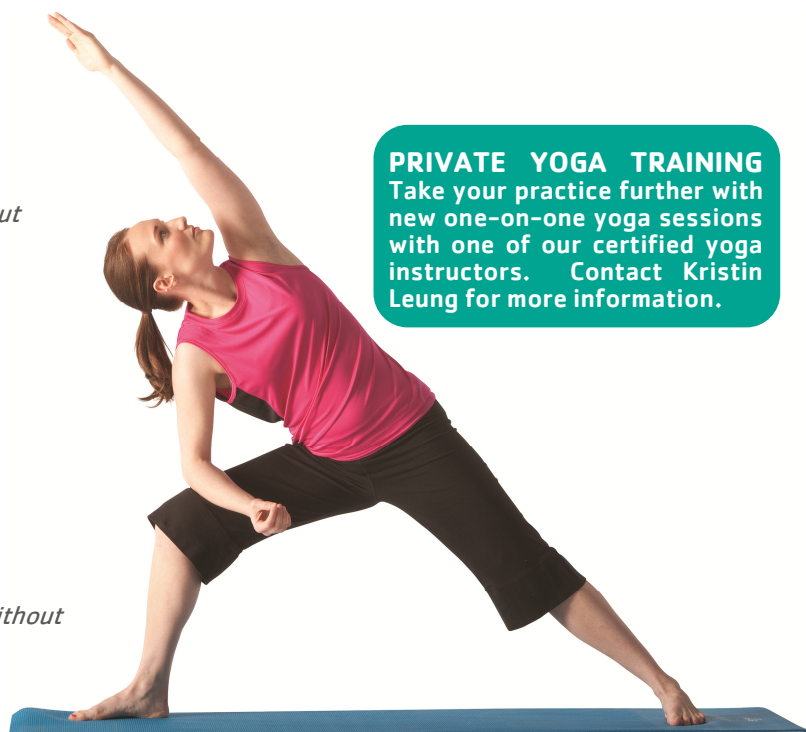
\*Pre-registration & payment are required.

### YOGA FOR CORE STRENGTH & FLEXIBILITY:

*ages 7-11 with parent, 12+ without*

Transition from the weekend into the week with some deep breath work (pranayama) accompanied with mixed level asanas (poses). Poses are modified to meet the levels of each individual student. This class will deepen your level of practice with emphasis on being in the present/in the moment; it will be a peaceful but intense journey into gradually opening up the joints, along with the mind.

**Sunday 2:00-3:15pm**



**PRIVATE YOGA TRAINING**  
Take your practice further with new one-on-one yoga sessions with one of our certified yoga instructors. Contact Kristin Leung for more information.