

Put a Spring in your step and Sunlight in your heart;

Join our Yoga Class. No previous experience necessary

Mondays, January 7th through February 11th 2013
11:00 - 12:00 am
In the VSC Club House.

Learn to listen to your body's needs, respect its limitations and expand its potential. This beginning Yoga class will include a range of chair, standing and floor poses.

The focus will be on:

- Experiencing the relationship between body, mind and spirit
- Breathing process for energy and strength
- Meditation techniques to help you relax and rejuvenate
- Proper physical alignment, balance and structural support
- Learning a personal daily exercise practice.

Each class will begin with a warm up and meditation for ten minutes or so, then, for approximately twenty minutes, a series of chair based movements, thirdly we will then move on to standing stretches, for fifteen minutes. We will, for those who wish to, close with floor poses for fifteen minutes. This way the class can better serve the many different physical abilities of the participants

Although no previous experience with yoga is necessary, please speak with Brian prior to starting this class if you are currently experiencing issues with mobility, have chronic body pain, or in the past had not found physical exercise pleasurable.

The class will run for six weeks, you may join the class at any time.

Wear loose exercise clothing and for the floor poses, please bring a yoga/ exercise mat, and a small cushion.

Call Brian Heath, Space 50, at 464-8442 or e-mail brianregheath@yahoo.com.