

CHESTER RECREATION YOGA

FALL II 2016 SESSION

| Sun | Mon | Tues | Wed | Thu | Fri | Sat |
|---------------------------------------|---|--------------|-----------|--|-----------|---|
| SESSION BEGINS NOV 3 | | NOV 1 | 2 | 3 GENTLE / MODERATE 6:30-7:45 PM | 4 | 5 ALL LEVELS 8:30-9:45 AM |
| 6 | 7 FITNESS 5:00-6:15 PM ----- ALL LEVELS 6:30-7:45 PM | 8 | 9 | 10 GENTLE / MODERATE 6:30-7:45 PM | 11 | 12 ALL LEVELS 8:30-9:45 AM |
| 13 | 14 FITNESS 5:00-6:15 PM ----- ALL LEVELS 6:30-7:45 PM | 15 | 16 | 17 GENTLE / MODERATE 6:30-7:45 PM | 18 | 19 ALL LEVELS 8:30-9:45 AM |
| 20 | 21 FITNESS 5:00-6:15 PM ----- ALL LEVELS 6:30-7:45 PM | 22 | 23 | 24 NO CLASS | 25 | 26 ALL LEVELS 8:30-9:45 AM |
| 27 | 28 FITNESS 5:00-6:15 PM ----- ALL LEVELS 6:30-7:45 PM | 29 | 30 | DEC 1 GENTLE / MODERATE 6:30-7:45 PM | 2 | 3 ALL LEVELS 8:30-9:45 AM |
| 4 | 5 FITNESS 5:00-6:15 PM ----- ALL LEVELS 6:30-7:45 PM | 6 | 7 | 8 GENTLE / MODERATE 6:30-7:45 PM | 9 | 10 ALL LEVELS 8:30-9:45 AM |
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Gentle/Moderate Kripalu Yoga is for those who enjoy building postures from the ground up. Poses will be explored with guidance and modifications. Students use postures, breath-work, and relaxation to quiet the mind, stretch and tone the body, and move the inner self towards stillness.

Kripalu Yoga for All Levels includes gentle warm-ups and leads to asana, in which students move from posture to posture in a flow-like sequence.

Yoga for Physical Fitness ** is designed for **experienced** yoga students. Stability balls, dumbbells and low-impact cardio exercises are used in conjunction with traditional poses to fatigue the muscles and facilitate deeper stretching and toning.

Classes held in Activities Room – to register please visit <http://sports.bluesombrero.com/Default.aspx?tabid=644496>