



REGISTRATION

Jan 18 – Feb 24
6-week session

Classes held every
Wednesday/Friday
5:30 PM - 6:30 PM

Fees per person:
\$80 – 10+ Classes
\$50 – 6 Classes
\$10 – Drop-in rate

Register online at:

<https://sports.bluesombrero.com/Default.aspx?tabid=644496>

Location of Class:

Recreation Activities Room
84 Chester Street / Annex
(behind PD/Town Offices)

Town of Chester

Recreation Department
603-887-3636, Ext. 100
director@chesternhrec.org

<https://www.chesternh.org/recreation-department>

CLASS DESCRIPTIONS

Gentle Yoga on the Mat Wednesday 5:30-6:30 PM

Gentle yoga on the mat is a slower-paced class that focuses on breath work and conscious breathing to cultivate a sense of relaxation and facilitate ease upon entering the yoga poses. As we explore yoga postures, we'll use props and yoga blocks to make the poses accessible and verbal cues to help foster correct alignment. There are seated stretches to increase strength and flexibility, standing poses to improve balance, flowing yoga sequences to improve agility, and resting poses to chill out and imbue restoration. A great foundation for learning yoga, this class is ideal for all levels and all ages.

Yin Yoga Friday 5:30-6:30 PM

Yin is a slow, meditative class mostly comprised of longer-held seated and reclined poses that target the connective tissues, bones, joints, ligaments and fascia. If you're looking to increase flexibility in karate, dance, football, or other vigorous sports or styles of yoga, Yin is the perfect complement. Some of the effects of aging, joint discomfort, or stiffness from past injuries or surgery are diminished as Yin increases blood flow and circulation. While sometimes challenging to relax and hold passive poses at length, you work within your body's limitations, freely entering and exiting the poses, building endurance, focusing on your breath, and pondering your thoughts as soft, familiar tunes play in the background. This class is suitable for all levels and all ages.

INSTRUCTOR

Patti Kondel

Patti is the founder and principal of Heaven and Nature Yoga, a traveling enterprise, where she teaches on-site yoga at assisted living facilities, schools, and apartment complexes in Massachusetts and New Hampshire. She received a Master's in Business Administration with a concentration in marketing from the University of Massachusetts, Lowell, and a Master of Arts degree from Emerson College. A musical theater enthusiast, Patti operated a performing arts center in Massachusetts for two decades, where she taught piano, voice and all styles of dance choreography to children and adults. Thereafter, she began studying the yoga styles of Hatha, Vinyasa, Baptiste, Yin, and Restorative, among others.

Dance and yoga share many similarities, in particular, centered balance, supportive stretching techniques, and muscle/joint sensory awareness. Patti's passion for yoga and discovery of the undeniable connection between the two disciplines instinctively led to multiple yoga teaching certifications. Patti hopes to share her passion for yoga with students of all ages.

Discover the ways in which yoga facilitates better posture, strengthens your joints, lengthens your muscles, increases your range of motion, promotes better sleep, and supports immunity, digestion, and circulation. Learn yoga poses and the modifications that make yoga accessible to everyone along with breathing techniques to promote relaxation. Aspire to feel better than you feel now and make your way to the yoga mat!