



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOGA

## ENERGIZING CONNECTIONS



### DAVIS FAMILY YMCA YOGA

<b>MON</b>	9:30 - 10:25 am	Vinyasa Power Flow Yoga
	4:00 - 4:55 pm	Vinyasa Power Flow Yoga
<b>TUE</b>	2:00 - 2:45 pm	SilverSneakers® Yoga
	5:00 - 5:55 pm	Restorative Yoga
	6:30 - 7:25 pm	Gentle Yoga
<b>WED</b>	8:00 - 8:45 am	SilverSneakers® Yoga
	10:00 - 10:55 am	Gentle Yoga
	4:00 - 4:55 pm	Vinyasa Power Flow Yoga
	6:00 - 6:55 pm	Family Yoga
<b>THU</b>	7:00 - 7:55 am	Power Yoga
	9:30 - 10:25 am	Core Yoga
	2:00 - 2:45 pm	SilverSneakers® Yoga
	7:00 - 7:55 pm	Hatha Yoga
<b>FRI</b>	12:00 - 12:45 pm	Boom-Mind SilverSneakers® Yoga
	2:00 - 2:45 pm	SilverSneakers® Yoga
<b>SAT</b>	8:15 - 9:10 am	Tai-Rauch Yoga
	9:15 - 10:10 am	Power Yoga

Become calm in body and mind with deep relaxation. Leave feeling peaceful, calm and relaxed. Experience the benefit of physical exercise and stress reduction. Bring forth the fullness of authenticity and mindfulness.

**CORE YOGA** - Using deep breathing, Core Yoga emphasizes timed exercises designed to target abdominal and back areas. Strengthening core muscles improves balance, strength, and flexibility.

**GENTLE YOGA** - Slower movements with rests between poses. Majority of routines are performed sitting/lying on Yoga mat. Gentle yoga can be performed by people who are already quite fit, but who lack the overall flexibility to do some of the more intense yoga poses.

**HATHA YOGA** - Basic foundation of Yoga, incorporates posture poses, regulated breathing and relations. A wonderful on-ramp to learn Yoga poses.

**POWER YOGA** - Strength building to sculpt and tone your muscles, while using breathwork through fluid movement. Points of alignment are applied through the practice as poses progress from basic to more advanced. Gain mind/body balance while building strength and confidence. Combined with stretching, strength training and core breathing.

**SILVERSNEAKERS® YOGA** - Chair based variety of safe and effective options designed to increase flexibility and balance to improve each individual's sense of well-being, while strengthening the body.

**TAI-RAUCH (YOGA)** Combination of Yoga, Tai-Chi and Pilates. Benefits are flexibility, balance, toning and core strength.

**VINYASA POWER FLOW** - A powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility, balance, cardio and physical and mental stamina. Vinyasa ("connection") synchronizes movements with breath, which helps develop a greater sense of self-awareness, balance, and harmony. Includes smoothly flowing movements between poses guided by the force of inhales and exhales.

**ALL CLASSES INCLUDED IN YOUR MEMBERSHIP. 330-480-5656 • YoungstownYMCA.org**