

YOGA SERIES



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SESSION 2 - MARCH 1 - APRIL 11

CHASCO FAMILY YMCA

IT'S
BACK!



Yoga is described as a Hindu spiritual and ascetic discipline that includes breath control, simple meditation and the adoption of specific bodily postures that is widely practiced for health and relaxation. Yoga has many benefits including reduced stress, increased relaxation and greater flexibility. In this 6 week yoga series, you will experience 6 different styles of yoga ranging from Restorative to Ashtanga. Melissa will guide you with a hands on approach in order to strengthen your practice.

WEEK 1

Restorative

A restorative yoga sequence typically involved only a handful of poses, supported by props, that allows you to completely relax.

WEEK 2

Vinyasa

Vinyasa Flow is a fast-paced series of postures that focus on the flow between movements rather than the individual poses.

WEEK 3

Power

Power yoga is a fitness based vinyasa practice that builds internal heat, increases stamina, strength and flexibility as well as reduces stress.

WEEK 4

Headstand

Considered the king of yoga poses. Benefits include improved brain function, mood, increased upper body and core strength.

WEEK 5

FLY

Move past fear, build better balance and strengthen your body with flying poses.

WEEK 6

Ashtanga

This dynamic, physically demanding practice synchronizes breath and movement to produce internal heat designed to