Yoga for mind and body

Course Description

Active participation in a gentle yoga practice session. Each person will perform a series of specific poses under direction of the instructor. These are intended to strengthen the body and calm the mind and improve balance and flexibility.

Weekly Layout:

Introduction to Yoga and overview of course as well as safety practices. Then we go through the gentle yoga practice

Yoga practice Yoga practice Yoga practice Yoga practice Yoga practice Yoga practice Yoga practice Yoga practice Yoga practice Yoga practice Yoga practice Yoga practice Yoga practice