



# Yoga



**Monday: 5:30 – 6:15 pm** Power Yoga  
**Tuesday: 5:30 – 6:45 pm** Hatha Yoga  
**Wednesday: 5:30 – 6:15 pm** Power Yoga  
**Thursday: 5:30 – 6:45 pm** Restorative Yoga  
**Saturday: 11 – 12:15 am** Hatha Yoga

**Yoga Instructor: Mike Garofalo**

## **Tehama Family Fitness Center**

Yoga practice emphasizes strength, flexibility, balance, correct alignment in postures, efficient breathing, coordinated movements and self-control. Power Yoga features physically challenging Vinyasa flowing Yoga and Pilates forms. Hatha Yoga includes some active movements, balancing exercises, classical Yoga postures, inversions, Warrior poses, and more stretching sequences. The practice of Restorative Yoga emphasizes gentle movements, lengthy stretching, quiet poise, breathing exercises, classical Hatha Yoga postures, concentration, guided visualizations, and stress reduction practices.

More Information at: <http://www.egreenway.com/yoga.htm>