



Yoga



Monday 5:30 – 6:30 pm
Tuesday: 5:30 – 6:30 pm
Thursday: 5:30 – 6:30 pm
Saturday: 11:15 – 12:30 am

Starting on April 30, 2012

Yoga Instructor: Mike Garofalo

Tehama Family Fitness Center

This class features an eclectic blend of Hatha Yoga, Vinyasa Yoga, and Chinese Qigong Yoga. All these practices emphasize flexibility, correct alignment, being quiet, balance, efficient breathing, coordination, and composure. Hatha style Yoga includes strength building, balancing exercises, modern Yoga postures, inversions, Warrior poses, and longer stretching sequences. Vinyasa style Yoga emphasizes flowing movements, strength, building warmth, and coordinated breathing. Chinese Qigong style Yoga includes standing stretching exercises, energy (*Qi*) work, flowing movements, and the animal frolics. We will also introduce participants to numerous techniques used to reduce stress, uplift mood, improve concentration, and explore mind-body-spirit consciousness.

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