



Yoga



Monday 5:30 – 6:30 pm
Tuesday: 5:30 – 6:30 pm
Thursday: 5:30 – 6:30 pm

Yoga Instructor: Mike Garofalo
Tehama Family Fitness Center

This class features an eclectic blend of Hatha Yoga, Vinyasa Yoga, and Chinese Chi Kung Yoga. All these practices emphasize flexibility, correct alignment, being quiet, balance, efficient breathing, coordination, and composure. Hatha style Yoga includes strength building, balancing exercises, classic Yoga postures, inversions, Warrior poses, and longer stretching sequences. Vinyasa style (Flow & Power) Yoga emphasizes longer flowing movement sequences, strength, building warmth, and coordinated breathing. Chinese Chi Kung style Yoga includes standing dynamic stretching exercises, energy (*Chi*) work, Taoist longevity practices, and flowing movements such as the Animal Frolics. We will also introduce participants to numerous ideas and techniques for reducing stress, lifting one's mood, improving concentration, enjoying the moment, and exploring the integration of mind, body, and spirit. Persons of all ages and all fitness levels are welcome, and alternative and safe postures will be taught. Do you want a lifetime exercise system for both mind and body? Try Yoga!

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