

# Yoga

**Tuesdays: 5:30 – 6:45 pm**

**Thursdays: 5:30 – 6:45 pm**

**Saturdays: 11:00 – 12:15 am**

**Tehama Family Fitness Center, Red Bluff**

**Instructor**

**Mike Garofalo**

**YogaFit Level IV Certified Yoga Instructor, M.S.**

## **Benefits of Hatha Yoga, Flowing Style:**

**Strengthening and Lengthening Your Body**

**Discovering the Power of Your Breath**

**Fine Tuning Your Balancing Skills**

**Revitalizing Your Inner Core**

**Improving Concentration and Mindfulness**

**Reducing Stress and Calming the Mind**

**Learning an Ancient Mind-Body Fitness Practice**

**For More Information Go To:**

**<http://www.egreenway.com/yoga.htm>**