

YOGA classes

At the Casey Community Center

All Levels Yoga Classes

Choice of 4 Week Sessions

Class is held on: **Tuesday, 6:00 - 7:00 p.m.**

- January 9 - 30th
- February 6 - 27th
- March 6 - 27th

Cost Per 4 Week Session: \$32R/\$37NR
Or \$8 per class

Each session begins with students learning all about the basics. Sessions will cover pranayama (breath work), asana (poses) and meditation.

- As session progresses, additional asanas (poses) will be learned. By the end of the session, we will be linking asanas with the movement of your breath creating vinyasas.
- Great for flexibility, building lung capacity, reducing stress, bringing oxygen to the body and the brain.
- No previous experience needed to enjoy a mixed level class.



Restorative Yoga: 10:00 - 10:45 am

- **Wednesday, January 10 - February 28**

Cost for 8 week session: \$40R/\$45NR
or \$8 per class

Gentle Restorative Yoga: A class dedicated to postures that work on healing, flexibility and relaxation. This class will blend Restorative and Hatha poses with the use of a chair for those needing assistance with balance. Time is taken to stretch out sore muscles, open up the body and release tension while getting grounded. Newcomers will find this class to be a great way to begin their practice. Intermediate and advanced students will enjoy less exertion for a change of pace. Come unwind and de-stress!

Students should wear flexible clothing, bring a yoga mat, water bottle and avoid eating for 1-2 hours prior to class.

INSTRUCTOR Debra Baugh has been leading classes in Yoga and Water Aerobics for over 20 years. Her group certification is currently with AEA and her supportive instruction is suitable for all fitness levels.



For more information call the Casey Community Center at 572-1321, the Goose Creek Community Center at 569-4242 or visit www.goosecreekrecreation.com