



DUKE CENTER FOR LIVING AT FEARRINGTON

100 Clynelish Close • Pittsboro, NC 27312
(Phone) 919-545-2133 • (Fax) 919-545-2687

9:30-10:45am

Saturday Yoga- January

Mind Body

5th Yoga Remedies - Bob

Simple yoga routines to help rehabilitate the entire body, mind and spirit. Empowers the student with the knowledge to self-heal through personalized yoga poses, breathing techniques, meditation and lifestyle modifications based on yogic philosophy. All levels welcome.

12th Yin Yoga - Jean

Yin Yoga involves slow, long-held poses and targets the fascia, joints, and ligaments. In a Yin practice, poses are held for longer periods of time, in stillness, with the intention of softening into a pose and cultivating a quiet, meditative state of mind. Poses can be done with prop support, as needed. All levels welcome.

19th Yoga I & II - Sharon

Learn beginner to intermediate yoga poses and breathing techniques. This class will have more standing poses than Yoga 1 to build strength. Individuals need to have basic knowledge of Yoga. Good for beginners while also challenging the intermediate student.

26th Anusara Yoga - Nancy

A level 1+ yoga class emphasizing alignment principles of “loops” & “spirals.” Integrates vinyasa and basic inversions. Designed for students with limited experience as well as the seasoned practitioner.

All levels are welcome to classes unless otherwise noted.

***Check out our group exercise schedule for
weekday yoga classes.***