



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- February**

### ***2nd Mindful Flow - Liz***

This class will focus on a combination of breath awareness and movement as a means of cultivating moment to moment awareness. Intention of this practice is to allow you to honor your body and to listen to the messages it gives while exploring your boundaries without striving or judging. All levels welcome.

### ***9th 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.

### ***16th 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.

### ***23rd 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.

*All levels are welcome to classes unless otherwise noted.*

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

**Mind Body**