

## March Saturday Yoga

### **March 2nd**

#### **9:00am-10:15am Yoga Remedies with Bob**

Simple yoga routines to help rehabilitate the entire body, mind and spirit.

#### **10:30am-11:45am Joint Freeing Yoga with Bob**

We will first gently warm up all the major joints and then take the body through various postures that will cover every joint.

### **March 9th**

#### **9:00am-10:15am Yin Yoga with Jean**

Yin Yoga involves slow, long-held poses and targets the fascia, joints, and ligaments. Poses can be done with prop support, as needed.

#### **10:30am-11:45am Mindful Flow with Liz**

This class will focus on a combination of breath awareness and movement as a means of cultivating moment to moment awareness.

### **March 16th**

#### **9:00am-10:15am Vinyasa with Barbara**

Yoga poses flow from one move to another in conjunction with the breath. A comfortable pace will encourage students to work within their own levels. Yoga experience is recommended.

#### **10:30am-11:45am Yoga I with Barbara**

Learn proper alignment, beginning yoga poses and breathing techniques. Great for beginners!

### **March 23rd**

#### **9:00am-10:15am Yoga I & II with Sharon**

Learn beginner to intermediate poses and breathing techniques while focusing on strength, flexibility and balance. A basic knowledge of yoga is helpful but not required.

#### **10:30am-11:45am Restorative Yoga with Sharon**

Relaxing and rejuvenating practice for calming the mind and body with poses held for long periods of time with the support of props. Breathing and mindfulness techniques are offered.

### **March 30th**

#### **9:00am-10:15am Anusara Yoga– Level 1 with Nancy**

A level 1 yoga class emphasizing alignment principles of “loops” and “spirals.” Progressive teaching style with focus on “peak poses.”

#### **10:30am-11:45am Anusara Yoga– Level 2 with Nancy**

A level 2 yoga class emphasizing alignment principles of “loops” and “spirals.” Progressive teaching style with focus on “peak poses” at a higher intensity.

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

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