



## March Saturday Yoga

### March 7th

**9:00am – 10:15am Somatic-based Yoga with Bob**

This hatha yoga approach focuses specifically on proprioceptive feedback to enhance the asana. This class will cover developmental movements that integrate into classic hatha yoga postures and meditations. This class is appropriate for beginners to advanced practitioners.

**10:30am – 11:45am Working with the Core in Yoga with Bob**

This class will focus on the muscles that comprise the "core" of the body and those yoga postures that enhance awareness of those muscles. This class is appropriate for beginners to advanced practitioners.

### March 14th

**9:00am – 10:15am Anusara Yoga Level I 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.

### March 21st

**9:00am – 10:15am Restorative Yoga with Barbara**

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.

**10:30am – 11:45am Yoga II with Barbara**

Class focuses on an intermediate practice, including standing poses, while staying within a comfortable range. Yoga experience is recommended.

### March 28th

**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 Rest and Renew with Sharon**

Gentle poses followed by a long guided relaxation with body scan meditation. A self-care practice of conscious rest for inner peace!

All fitness levels welcome to classes unless otherwise noted. See our group exercise schedule for weekday yoga classes.