



January  
2019

# Group Yoga

provided  
by:



VOTED TRIAD'S BEST YOGA STUDIO 2014, 2015 and 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>YMCA IS OPEN NO CLASSES HAPPY NEW YEAR</b>	2 No Class	3 5:45 AM – 6:45 AM All Levels (Bill)  7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 -	4 No Class	5 9:15 AM – 10:15 AM Yoga Foundations (Rob)
6 No Class	7 No Class	8 5:45 AM – 6:45 AM All Levels (Bill) 1:15 PM– 2:15 PM Senior Chair Yoga (Payton) (YMCA) 7:00 PM – 8:00 PM All Levels (Bill)	9 No Class	10 5:45 AM – 6:45 AM All Levels (Bill)  7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 -	11 No Class	12 9:15 AM – 10:15 AM Yoga Foundations (Stephany)
13 No Class	14 No Class	15 5:45 AM – 6:45 AM All Levels (Bill) 1:15 PM– 2:15 PM Senior Chair Yoga (Brenda) (YMCA) 7:00 PM – 8:00 PM All Levels (Bill)	16 No Class	17 5:45 AM – 6:45 AM All Levels (Bill)  7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 -	18 No Class	19 9:15 AM – 10:15 AM Yoga Foundations (Stephany)
20 No Class	21 No Class	22 5:45 AM – 6:45 AM All Levels (Bill) 1:15 PM– 2:15 PM Senior Chair Yoga (Brenda) (YMCA) 7:00 PM – 8:00 PM All Levels (Bill)	23 No Class	24 5:45 AM – 6:45 AM All Levels (Bill)  7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 -	25 No Class	26 9:15 AM – 10:15 AM Yoga Foundations (Rob)
27 No Class	28 No Class	29 5:45 AM – 6:45 AM All Levels (Bill) 1:15 PM– 2:15 PM Senior Chair Yoga (Brenda) (YMCA) 7:00 PM – 8:00 PM All Levels (Bill)	30 No Class	31 5:45 AM – 6:45 AM All Levels (Bill)  7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 -		

**Yoga Foundations on Saturday mornings** will cover alignment principles and foundations so the student gets to know their own personal body, and how it moves through the physical yoga postures. Students will be given one on one attention and hands on adjustments to learn proper alignment of the postures. Connection to the breath within each pose will be acknowledged and embraced. No previous experience necessary.