



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEVER STEPPED ON A YOGA MAT BEFORE? THIS CLASS IS FOR YOU!

**PRESENTED BY STACY STAMPONE, C.H.H.C. RYT
LAKELAND HILLS FAMILY YMCA**

THIS 4-PART SERIES WILL INTRODUCE YOU TO THE BASICS OF HATHA YOGA

Hatha yoga includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. Join Stacy as she introduces the basic poses and alignment of yoga. Yoga has many benefits:

- Increase your flexibility and increase muscle tone and strength
- Improve your circulatory and cardio health
- Helps you sleep better and increases your energy levels
- Improve athletic performance and reduce injuries
- Improves anxiety and depression and helps with chronic pain

WHEN

Sundays: April 18, 25; May 2, 16

TIME

12:15 - 1:30 PM

COST

\$50.00

Register online

Class is limited to 10 participants

CONTACT

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