



## Basic Yoga

A basic yoga session consisting of (8) classes will be held on Mondays beginning July 16, 2012 through September 3, 2012 from 4:45 pm – 5:30 pm at the Lake County Health District.

Basic Yoga emphasizes stretching, coordination of breath with movement and attention to alignment. The class is designed to create breath awareness, enhance balance, and increase flexibility. Basic Yoga is for people new to yoga or those who are experiencing stress, joint sensitivity, overall stiffness due to lack of activity, or other physical limitations. The yoga class ends with deep relaxation and a guided visualization to help release tensions and reduce stress.

The cost is \$20.00 based on a (10) participant maximum.

To sign up, please contact Jackie Via, Wellness Coordinator at ext. 2748 by Friday, July 6, 2012.