



## **Basic Yoga 2010**

Are you interested in trying a Yoga class?

This will be an (8) week session beginning Tuesday, January 5, 2010 from 12:15 pm – 1 pm at the Lake County Administration Assembly Room.

Basic Yoga presents an introduction to basic yoga poses. The class 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.

Based on a minimum of (10) participants the cost will be \$16 per individual for all (8) classes. To sign up, please contact Jackie Via, Wellness Coordinator at ext. 2748 by Wednesday, December 23, 2009.