

507 Broadway

Kingston, NY 12401

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www.ymcaulster.org



YOGA PLUS AT THE



YMCA OF
KINGSTON &
ULSTER COUNTY

YOGA STUDIO SCHEDULE:		CLASS DESCRIPTIONS:
MONDAY		<p>Athletic Yoga Stretch: Yoga everyone can use to build, stretch and tune the body for better comfort and performance.</p> <p>Flow Yoga: Follows the breath as poses unfold into one another while renewing the body and quieting the mind.</p> <p>Gentle Yoga: Ideal for people who are new to yoga, have limitations, or are looking for an easier practice.</p> <p>Hatha Yoga: Improve flexibility and concentration, gain balance and energy and become relaxed through traditional yoga poses. Deepen the connection between mind and body.</p> <p>Pilates: Pilates is a structured exercise system designed to develop core strength, improve body mechanics, realign and improve posture, strengthen and balance muscles and create a strong centered body able to function with demands of everyday life. Developed from the techniques of the late Joseph Pilates (1880-1967), the Pilates mat repertoire uses non-weight bearing exercises to develop long lean flexible muscles.</p> <p>Restorative Yoga (bring a big towel): Implements "Props" such as blocks, straps and blankets to increase circulation and reduce muscle tension. The benefits include reduction of stress related disease and improved circulation</p> <p>Sahaja Meditation: Gain awareness in a new dimension where absolute truth can be felt tangibly - on our central nervous system. Our physical, mental and emotional balance are achieved as a byproduct of this growth in our awareness.</p> <p>Vinyasa Yoga: A Fluid sequencing of poses designed in increase strength and flexibility.</p>
9:30 - 10:45 pm	Vinyasa Yoga	
5:30 - 7:00 pm	Athletic Yoga Stretch	
TUESDAY		
5:30 - 7:00 pm	Hatha Yoga	
WEDNESDAY		
9:00 - 10:00 am	Gentle Yoga	
10:30 - 11:45 am	Flow Yoga	
12:00 - 1:00 pm	Healthy Back	
THURSDAY		
5:30 - 7:00 pm	Hatha Yoga	
FRIDAY		
9:00 - 10:00 am	Pilates	
6:00 - 7:15 pm	Restorative Yoga	
SATURDAY		
10:30 - 11:30 am	Vinyasa Yoga	
UPCOMING WORKSHOPS: \$30 NON-MEMBERS / \$20 MEMBERS		
ADVANCED YOGA – 6 Week Session: 7:00 – 8:30 pm, Mondays, May 15 thru June 16 (No class on Memorial Day)		
SENIOR YOGA – 6 Week Session: 1:00 - 2:30 pm, Tuesdays, May 6 thru June 10		