



# YOGA CLASSES

Zoom Instructor: Shona Noyola  
Facilitator: Ashley Wallace

Tuesdays &  
Thursdays

8:30a-9:45a Flow Yoga  
10:30a-11:45a Chair Yoga

NO CLASS ON SEPTEMBER 26TH!

Flow Yoga is an energizing practice available for all levels from beginners to regularly practicing yogis. Modifications are offered for beginner, intermediate and advanced students.

Pose sequences include poses that require practitioners to move up from and down to the floor often; these sequences include sun salutations, standing poses, seated poses, preparation poses for arm balances and dynamic stretching

In Chair Yoga the poses have been modified to be practiced sitting on a chair or using a chair for support. There is no getting up and down from the floor required, but you may if you feel comfortable in your practice.

A yoga practice suitable for seniors, anyone who finds getting up and down from the floor difficult, and anyone looking to increase range of motion, build balance and increase flexibility gently and with support.