



# YOGA CLASSES

Zoom Instructor: Shona Noyola  
Facilitator: Ashley Wallace

Tuesdays &  
Thursdays

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

NO SATURDAY CLASSES THIS MONTH

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. 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.

Gentle Yoga is a practice suitable for beginners, seniors and regularly practicing yogis looking for a change of pace; this 60 minute morning practice is a great way to start your weekend! This yoga session is designed to stretch areas of the body that are most commonly affected by stiffness and tension (neck and shoulders, legs and hips). Poses are included to help build strength and improve balance. This is a sweet and steady practice suitable for all!