

# Summer Yoga Classes

If you can breathe, you can practice yoga.

All classes are taught in an accessible and sustainable way and focused on bone health, mobility, and balance for the body, mind, and spirit.

Let yoga meet you where you are.

## Monday

10-10:45/11am | **Chair yoga** | Sloan club room **(10 spots left)**  
*(15 min optional floor practice)*

## Tuesday

9:15-10:30am | **Gentle Flow Yoga** | Regency Hills clubhouse  
**(3 spots left)**

11am-12:15pm | **Gentle Flow Yoga** | Sloan clubhouse  
**(4 spots left)**

## Friday

9:15-10:30am | **Slow Flow Yoga** | Sloan clubhouse  
**(1 spot left)**



**Session 1: June 3- June 28**

*NO CLASSES June 17-21*

**Cost- \$45**

**Session 2: July 1- July 26**

**Cost- \$60**

**Session 3: August 5- August 30**

**Cost- \$60**

**Register by May 24: email Rachel Applegate**  
[rachelapplegate.yoga@gmail.com](mailto:rachelapplegate.yoga@gmail.com)

# Class Descriptions:

## **Chair Yoga:**

This chair based yoga class is accessible to everyone! Class will focus on bone health, joint flexibility/mobility, strength/stability, and mindful breathing practices. Poses are mostly practiced seated with a few standing and balancing options using the chair to build strength. Variations and modifications are always offered/available.

*Optional 15 minutes to practice some floor/mat yoga.*

## **Gentle Flow Yoga:**

A slow paced, gentle class focused on stretching, strengthening, and balancing poses as well as relaxation. This class is appropriate for those who can move up and down from the floor. Transitions are minimal and variations/modifications are offered. Class includes floor work, hands/knees, seated, and standing poses with attention to breath and mindful movement. Students are encouraged to choose appropriate options and to move at their own pace.

## **Intermediate Yoga:**

This slow flow yoga class will guide you through deepening levels of asana/yoga poses, pranayama/breathing practices, and meditation. The slower flow incorporates dynamic flowing movement as well as longer holds, which will help you to develop balance, strength, and flexibility. This class is most accessible for those who can move up and down from the floor with relative ease and confidence and who have yoga experience and want to progress their practice. Variations/modifications are offered.

**Please reach out with any questions about classes.**

\*\*2 yoga blocks, a blanket, and a strap are recommended.

All participants need a yoga mat.