



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEVER STEPPED ON A YOGA MAT BEFORE? *THIS CLASS IS FOR YOU!*

PRESENTED BY STACY STAMPONE, C.H.H.C. RYT

LAKELAND HILLS FAMILY YMCA

THIS 4-PART SERIES INTRODUCES YOU TO THE BASICS OF HATHA YOGA
AND MINDFUL MEDITATION

Hatha yoga includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. Join Stacy as she introduces the basic poses and alignment of yoga. Yoga and meditation have many benefits:

- Increase your flexibility and increase muscle tone and strength
- Improve your circulatory and cardio health
- Helps you sleep better and increases your energy levels
- Improve athletic performance and reduce injuries
- Improves anxiety and depression and helps with chronic pain
- Helps you focus on the present

DATES AND TIME

Sunday afternoons from 12:30–1:45 PM

February 5, 12, 19, 26

COST & REGISTRATION

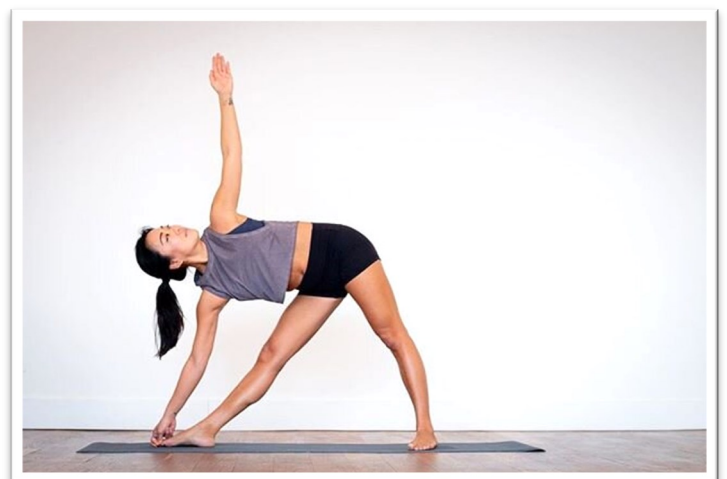
\$60 Members / \$80 Non-Members

Register online: www.lakelandhillsymca.com

Class is limited to 15 participants

CONTACT

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