



SAGINAW TOWNSHIP RECREATION

YOGA

SEPTEMBER 13 – OCTOBER 20

The study of yoga is to learn about yourself – the abilities and challenges of your body and mind. These classes are suitable for beginning and continuing students. (Going up and down from the floor is required). Light hand weights will occasionally be used (please bring to class 3 lbs. or less)

Top ten Reasons to try Yoga:

1. Increased Flexibility
2. Focused Breathing/Concentration
3. Mind–Body Connection
4. Greater Strength & Stamina
5. Fewer Muscle Imbalances
6. Better Balance & Stability
7. Improved Posture
8. Greater Body Awareness
9. Stress Reduction
10. Cross–Training Benefits

Level 1 Yoga: Wednesday 's (9:30 .m. – 10:45 a.m.)

This is a gentle yoga class – all students are welcome.

Level 2 Yoga: Monday's (5:30 p.m. – 6:30 p.m.)

This is for students with prior yoga knowledge and experience. Beginners who are physically fit may take the class with the instructors permission.

CLASSES MEET FOR 6 WEEKS – LIMITED CLASS SPACE

Registration Dates: August 2 – September 3, 2010

Registration Fee: \$60.00

These classes will be instructed by:

Barbara Kochendorfer BS. RYT

Registered & Certified Yoga Instructor

REGISTER AT SAGINAW TOWNSHIP RECREATION–3320 N. CENTER

FOR MORE INFORMATION CALL: 791-9860

www.saginawtownship.org