



Wellness

Yoga

Tuesdays & Thursdays
2:30 - 4:00pm

1035 Placer St, 3rd Floor

For More Information:

229-5115 & www.shastahealth.org

Free
Class

Two types of **Wellness Yoga** to meet all ability & comfort levels:

Tuesday: *Yoga for Strength*

For those who choose a more active practice with physical challenges. This class will offer more movement, balance poses, stretches, and strengthening exercises while still incorporating the meditation and breathing exercises true to a traditional yoga practice.

Thursday: *Joyful Breathing Yoga*

For those who choose a less active practice and know that through gentler, quieter, and calmer activity our body, mind, and spirit can heal and refresh. This class will offer more chair yoga, yin, restorative, joint freeing, meditation, breathing and working with the mind.

Both classes will challenge and unite the mind, body & spirit by helping to:

- o self-manage pain & reduce stress
- o improve breathing & circulation
- o manage weight
- o increase strength & flexibility
- o be heart healthy
- o better your overall well-being

Supplies are provided, however personal yoga mats are welcome.

****No sign-up necessary, but arrive early as space is limited****



Schedule subject to change, contact for details

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