

# Yoga



## Gentle Yoga

**11am–Noon, Monday & Friday with Reenee**

**11am–Noon, Wednesday with Jane**

**5:30–6:30pm, Monday & Wednesday with Paulette**

A slow-paced class to revitalize and ground featuring seated and supported postures with a gentle vinyasa. Class moves through a series of movements that we will hold for 3 to 5 breaths as we connect breath to body to improve relaxation, flexibility and recovery. Especially well-suited for those with pain, trouble sleeping, anxiety and high levels of stress. Poses provide opportunity to strengthen core, improve balance and functional mobility.