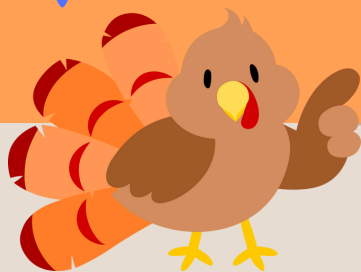


CHATHAM RECREATION

& BEACHES

JACKIE'S NOVEMBER YOGA SCHEDULE

**\$10 PER
CLASS!**



CLASSIC HATHA YOGA

7PM ~60 MINUTES ~ \$10 PER CLASS

MONDAYS ~NOVEMBER 3, 10, 17 & 24

FOUNDATIONAL YOGA FOR BEGINNERS AND ADVANCED PRACTITIONERS ALIKE. HATHA YOGA IS OFTEN SLOWER MOVING THAN A VINYASA YOGA PRACTICE, BUT IT CAN BE CHALLENGING, STIMULATING, OR SOFT, DEPENDING ON THE CIRCUMSTANCES. THE INTEGRATION OF BREATH WHILE HOLDING POSES WITH INTENTION AND RELAXATION COMPRISE THIS BRANCH OF PRACTICE THAT ENCOMPASSES AND INTEGRATES MANY FORMS.

YIN/RESTORATIVE YOGA WITH SOUND HEALING

7PM ~ 60 MINUTES ~ \$10 PER CLASS

THURSDAYS ~ NOVEMBER 6, 13 & 20

DEEP RELAXATION OF THE BODY, MIND AND SPIRIT. INJURY PREVENTION, JOINT HEALTH, AND RESTORATIVE ENERGY. YIN/RESTORATIVE YOGA IS BENEFICIAL TO BALANCE A MORE ACTIVE PRACTICE OR DECOMPRESS AFTER A STRESSFUL DAY. THIS PRACTICE OFTEN INCLUDES PROPS AND FLOOR-BASED POSTURES THAT ARE HELD FOR AN EXTENDED PERIOD OF TIME, RESTORING ENERGY AND CALMING THE NERVOUS SYSTEM. CLASS FINISHES WITH MEDITATION AND SOUND BOWLS TO PROMOTE DEEP RELAXATION AND FEELINGS OF INNER PEACE.

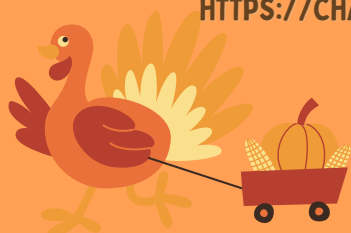
VINYASA YOGA

7PM ~ 60 MINUTES ~ \$10 PER CLASS

FRIDAYS ~ NOVEMBER 7, 14 & 21

COMMONLY REFERED TO AS "FLOW" YOGA, VINYASA IS A STYLE OF YOGA CHARACTERIZED BY STRINGING POSTURES TOGETHER SO THAT YOU MOVE FROM ONE TO ANOTHER, SEAMLESSLY, USING BREATH. YINYASA CLASSES OFFER A VARIETY OF POSTURES AND NO TWO CLASSES ARE EVER ALIKE. BEGINNERS THROUGH ADVANCED PRACTITIONERS ARE WELCOME.


CHATHAM YOGA



REGISTER ONLINE:

[HTTPS://CHATHAMMYREC.COM/INFO/DEFAULT.ASPX](https://chathammyrec.com/info/default.aspx)

**PRE-REGISTRATION
REQUIRED**

