the YMCA

Mon-Sat

YOGA

Vinyasa Yoga | Awakening Yoga | Chair Yoga | Hatha Yoga | and more!



NEW CLASSES NOW AVAILABLE

COMPLIMENTARY CLASSES FOR ACTIVE Y-MEMBERS

www.westcookymca.org/programs/fitness/yoga

MEET OUR INSTRUCTOR
ANU KANOTRA



Anu lives out his mission - America Needs Yoga - in everything he does. As a founder of Yoga for Introverts, he partners with organizations and businesses to bring his signature yoga classes to the community. His teaching style combines traditional hatha yoga and breath-centered movements with thoughtfully curated playlists and intentional moments of silence. His calm presence, grounding lessons and resonant voice helps his audience of Introverts to slow down, soften and cultivate inner peace

Awakening Yoga

Awaken your senses and cultivate inner peace in these multi-style yoga classes. **Awakening I** involves less transitions and will help individuals take the natural next step transitioning from the Gentle Movements class. **Awakening II** involves faster transitions and is suitable for intermediate participants. Both classes will provide accessible challenge, breath centered movement, and intentional moments of stillness. The focus of this class is to awaken and energize our soul for the day ahead.

Breathwork & Meditation *New!*

An all-levels yoga class where participants will use breathing exercises and meditation to cultivate a clearer, calmer headspace.

Chair Yoga

A specialized adaptive practice where postures are modified to a chair. This is a gentle practice with no complex transitions and is perfect for seniors looking to get into yoga and experience its physical, mental, and spiritual benefits.

Gentle Movements *New!*

Gentle Movements I and II are designed for seniors and those who are interested in a gentle practice. You can expect to flow through simple sequences and slower paced movements focusing on tension release; mobility work and balance holds that you can easily apply to your day-to-day life. This class is appropriate for any-one of any age and experience level in yoga practice.

Hatha Yoga

Unlike most of our yoga classes which focus on connecting the breath with the movement, **Hatha yoga** encourages alignment, deep breathing and cultivating calmness while we hold various postures. End your week with this slower, traditional style of yoga designed to help you unwind and reset. Ideal for all level practitioners

Meditative Sculpt *New!*

This yoga class combines strength training with a vinyasa flow to add resistance and strengthen our muscles. Breath centered movements and intentional silence will maintain the meditativeness of yoga. **Meditative Sculpt I** strengthening focus will be push movements and legs. **Meditative Sculpt II** strengthening focus will be pulling movements and legs. Ideal for intermediate participants.

Sun Salutation Yoga *New!*

This aerobic approach to yoga will move you through a set sequence of anywhere from 10-20 postures called the sun salutation and repeatedly practice anywhere from 20-50, even 100 cycles. This is an energetic practice to raise your heart rate and energize in the morning for the rest of your day

Vinyasa & Power Vinyasa

One of the most popular styles of yoga today focuses on connecting the breath and the movement. **Vinyasa I** will help you build a foundation for Vinyasa yoga with accessible modifications welcoming for beginners and those returning to yoga. **Vinyasa II and Power Vinyasa** are intermediate level practices with faster paced sequences, longer energetic flows and more complex transitions. Expect a steady, mindful practice that builds strength, flexibility, balance, and heat while encouraging a moving meditation.

Yin & Restorative Yoga *New!*

Yin Yoga and **Restorative Yoga** are slow-paced styles of yoga where postures are held for longer periods of time (3-5 mins in yin and 7-15 mins in Restorative). In **Yin yoga**, the sequences of postures are meant to stimulate and help in stretching connective tissue around the joints like the knees, pelvis, sacrum, and spine to promote healing. In **Restorative yoga**, the focus is deep relaxation in comfortable supported positions. The long hold times of both practices offers the chance to sit with our emotions and can help us become more resilient to stress. Yin Yoga I and Restorative yoga are beginner friendly classes.

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