



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MY Y IS MORE THAN JUST
WHERE I DO YOGA, IT'S WHERE I
GET CENTERED

TRY A CLASS FOR FREE

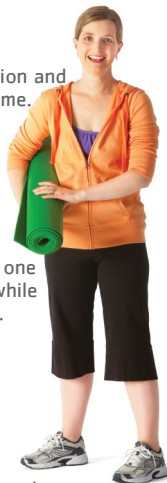
Stop by the front desk for more details.

HATHA YOGA This yoga class integrates the postures, breathing exercises, relaxation and meditation to harmonize you on every level—spirit, mind, and body. All levels welcome.

| DAY | TIME | M/PM |
|-----|--------------|-------------|
| M | 7:00-8:00 am | \$108/\$150 |
| W | 7:00-8:00 am | \$126/\$175 |

VINYASA YOGA Vinyasa means “breath-synchronized movement”. Poses flow from one to another in conjunction with the breath. Participants leave feeling more relaxed, while increasing flexibility and creating harmony of the mind and body. All levels welcome.

| DAY | TIME | M/PM |
|-----|--------------|-------------|
| W | 6:00-7:00 pm | \$126/\$175 |
| F | 5:00-6:00 pm | \$126/\$175 |



West Cook YMCA | 255 S. Marion St., Oak Park | 708.383.5200 | www.westcookymca.org

MEET OUR NEW YOGA INSTRUCTOR

Jim DeLapp | Certified Yoga Teacher—1,000 Hours

Registered Yoga Alliance Teacher since 2003 | “It’s Not Yoga Perfect, It’s Yoga Practice.”

I’m a former rugby player, runner and competitive cyclist. Because of my athletic pursuits, I developed arthritis in both of my knees and hands and had both of my knees totally replaced in 2011. As I aged it became more and more difficult to perform everyday tasks and my quality of life was declining. I tried Bikram yoga to help me regain use of my knees and hands. Within a few weeks the arthritis in my hands had disappeared and the pain in my knees had lessened. I was amazed by the profound changes that occurred in my life as the result of practicing yoga. My attitude improved and I developed patience with myself after a lifetime of competitive sports.

In the fall of 2003, at the age of 58, I attended Bikram Teacher Training in Los Angeles. In the fall of 2011, I moved to Kathmandu, Nepal where I became a certified Vinyasa teacher while studying with the yogi-nomad teacher training group. I am committed to continual education to expand my knowledge of anatomy and yoga therapy and I have over 1,000 hours of training.

It is my desire to show others that they can heal themselves and improve their lives no matter what their age through the regular practice of yoga. With my artificial joints, I offer myself up as an example to my students that anyone can practice yoga. For me teaching yoga is not a job but a calling. When I started teaching yoga I realized that the experiences my students were receiving would stay with them a lifetime and at that moment I knew I was supposed to teach yoga. As a teacher, I was born to give, not to receive.