

# pound ridge yoga

at Conant Hall

**SUNDAY, SEPTEMBER 1st at 9:15AM - 10:30AM**

**SUNDAY, SEPTEMBER 8th - NO CLASS**

**WEDNESDAY CLASSES ARE CANCELLED FOR THE SUMMER**

## POSE OF THE WEEK

**Cat-Cow Pose Benifits:** brings flexibility to the spine, stretches the back torso and neck, and softly stimulates and strengthens the abdominal organs. The spinal movement of the two poses stimulates the kidneys and adrenal glands

Start on your hands and knees with your wrists directly under your shoulders, and your knees directly under your hips. Point your fingertips to the top of your mat. Place your shins and knees hip-width apart. Center your head in a neutral position and soften your gaze downward.

Begin by moving into Cow Pose: Inhale as you drop your belly towards the mat. Lift your chin and chest, and gaze up toward the ceiling. Broaden across your shoulder blades and draw your shoulders away from your ears.

Next, move into Cat Pose: As you exhale, draw your belly to your spine and round your back toward the ceiling. The pose should look like a cat stretching its back. Release the crown of your head toward the floor, but don't force your chin to your chest. Inhale, coming back into Cow Pose, and then exhale as you return to Cat Pose.

Repeat 5-20 times, and then rest by sitting back on your heels with your torso upright..



**We can never obtain peace in the outer world  
until we make peace with ourselves. Dalai Lama**



*Karen McInerney (Certified & Registered Yoga Teacher, International Yoga Alliance) has been practicing yoga for over 25 years. Karen's Hatha yoga class focuses on a combination of vinyasa flow, stretching and traditional yoga poses. The goal is to help people of all ages and fitness levels find energy, strength, and flexibility while staying kind and gentle to yourself. Emphasis is on alignment, posture and self awareness for a safe practice. Every class concludes with guided meditation and you leave class feeling longer, looser, and more relaxed. Contact information: karenmcinerney3@gmail.com, 914.588.3520*

**Conant Hall, 257 Westchester Ave. Pound Ridge, NY (across from the Inn at Pound Ridge)**

**\$15/class**

*Private classes in the privacy of your own home by request.*