

# YOGA IN SPECTRUM

Exclusive resident pricing

**\$10** Drop-in

**\$45**/month Unlimited

**\$90** (10) Sessions

**\$175** (25) Sessions

Classes led by Yoga Deva.

Yoga Deva with a great love and respect offers the practice of Yoga to Spectrum residents as a path of power to creating the life you want.

**REGISTER ONLINE AT [YOGADEVA.NET](http://YOGADEVA.NET)**

## MONDAYS

**CHAIR YOGA - 9:15 - 10:30 A.M.**

CHAIR YOGA is a unique practice designed to facilitate gentle joint release, stretching, strengthening and balance. Using the chair for support, balance, stability and assistance from the wall, Chair Yoga is suitable for all ages, fitness levels and a wide variety of physical conditions. Movements can also be practiced on the floor/mat if needed. Excellent class for Active Adults and individual with limited mobility.

## TUESDAYS

**ALL LEVELS YOGA - 9:15 - 10:30 A.M.**

Vinyasa (connected in a flowing sequence) and static standing and floor postures to strengthen, balance and focus your mind, body and breath. Modifications given as needed with variations of intermediate to advanced Asanas (postures) given according to ones Practice whether your a newbie or a more experienced Practitioner. The most challenging session of the week is held on Saturdays at 9:15am with an emphasis on Flow.

**DEVA YIN YOGA - 7 - 8:15 P.M.**

HUSBANDS LOVE THIS CLASS & great for couples. Yin Yoga is the perfect compliment that brings balance to the more dynamic and muscular Yang styles of asana practice. Body-Mind connection is deepened as postures are held in a meditative state. Relaxation and release of energy is felt in the deeper connective tissues, joints, ligaments and bones of the pelvis, hips and spine.

## THURSDAYS

**ALL LEVELS YOGA - 9:15 - 10:30 A.M. & 7 - 8:15 p.m.**

Vinyasa (connected in a flowing sequence) and static standing and floor postures to strengthen, balance and focus your mind, body and breath. Modifications given as needed with variations of intermediate to advanced Asanas (postures) given according to ones Practice whether your a newbie or a more experienced Practitioner. The most challenging session of the week is held on Saturdays at 9:15am with an emphasis on Flow.

## SATURDAYS

**ALL LEVELS YOGA - FLOW - 9:15 - 10:30 A.M.**

Vinyasa (connected in a flowing sequence) and static standing and floor postures to strengthen, balance and focus your mind, body and breath. Modifications given as needed with variations of intermediate to advanced Asanas (postures) given according to ones Practice whether your a newbie or a more experienced Practitioner.

## SUNDAYS

**EASY LIKE SUNDAY MORNING - 9:15 - 10:30 A.M.**

Gentle movement to stretch the hips and the spine opening the body slowly. Moving into a variety of standing and restorative postures. Balance, strengthening and stretching are emphasized in a gentle slowed down pace for all levels.

**CHECK OUT A CLASS AT THE COMMUNITY CENTER**