



# Yoga Classes!

## via Zoom

### 2021

## Sessions Available

### January~March

#### Zoom Hatha Yoga

**When:** TUESDAYS

**Time:** 6:30pm-7:30pm

**Fee:** \$30/4 week session

Hatha Yoga provides a mix of poses for both stretching and strengthening while learning to use the breath to both calm and energize body and mind. This is a great class for those new to yoga, experienced yogis and everyone in between. Inst: Ms. Ashley

#### Zoom Slow Flow Yoga

**When:** THURSDAYS

**Time:** 6:00pm-7:00pm

**Fee:** \$30/4 week session

Looking for more of a challenge in your yoga practice? Slow Flow is a slightly quicker paced class than Hatha. We will focus on connecting breath with movement as we flow through a series of poses. Class will provide a balance of strengthening and stretching. Inst: Ms. Ashley

#### Zoom Yin Yoga

**When:** THURSDAYS

**Time:** 7:15pm-8:15pm

**Fee:** \$30/4 week session

Yin Yoga is a slower paced, relaxing practice. We spend more time in the poses to stretch deeply into the muscles and allow the mind to relax as well. Inst: Ms. Ashley



**REGISTER NOW**

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