

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## YMCA Yoga

Welcome! Here is some helpful information to consider for an enjoyable yoga experience!

About Yoga...

The word Yoga comes from the Sanskrit root yui, meaning “yoke” or “union”. The aim of this ancient Eastern practice is to create unity between the self and the outer world. Through conscious exercise we can train not only the body, but the breath and mind. Yoga can help relieve stress and improve your overall physical, spiritual and mental health.

### Suggestions for class:

- Please wear comfortable exercise clothing so you are able to move freely.
- Avoid eating at least 2 hours before class. If you must eat something prior to class, chose an easily digestible food (example: fruit or yoghurt) 1 hour before class. A little water during class is ok, but avoid continuous sipping. Drink plenty of pure water after class.
- Please be on time for class.
- Please inform the instructor prior to the start of class of any injuries, pregnancy or concerns you have.

### What to bring:

The YMCA has some loaner mats, blocks and straps. If you plan to come to yoga regularly, please obtain and bring your own equipment.

- A yoga mat. Wash your mat prior to use – mild soap and water, let it hang dry for a couple days.
- A strap (old tie, belt) is highly recommended, as well as a small pillow or blanket for seated postures and final relaxation.
- Yoga blocks are very helpful. Most of these items can be found at local sporting stores/departments. The internet is also a limitless source. [www.gaiam.com](http://www.gaiam.com), [www.huggermugger.com](http://www.huggermugger.com) are just a couple of suggestions.

**Above all, listen to your body and enjoy yourself!  
If you have any questions, please see your instructor.**

**We build strong kids, strong families and strong communities.**

**Central Douglas County Family YMCA**

**1151 Stewart Parkway, Roseburg, OR 97471**

**(541)440-YMCA**

**[www.ymcaofdouglascounty.org](http://www.ymcaofdouglascounty.org)**





We build strong kids, strong families, strong communities.

Class	Day/Instr.	Times
Basic Hatha	M Amy S.	12:30 - 1:30 pm
Basic Hatha	TH Amy S.	12:30 - 1:30 pm
Basic Hatha	T Andrea	5:30 - 6:30 pm
Hatha Yoga	T Brook	12:30 - 1:30 pm
Hatha Yoga	W Brook	12:30 - 1:30 pm
Ashtanga Vinyasa	TH Amy A.	5:30 - 6:30 pm
Sr. Yoga	T/TH Amy A.	11:20 - 12:20pm
Water Yoga North Pool	M/W Em	12:30 - 1:10 pm

**Basic Hatha Yoga** - This class will focus on energizing the body and deepening body and breath awareness through postures that build strength and flexibility and balance.

**Hatha Yoga** - This class is open to all levels, and due to the moderate pace it's appropriate for beginners too. It combines fundamentals from Hatha yoga with Sun Salutation. This class promotes balance, relaxation, and stress reduction while progressively increasing your strength and flexibility.

**Ashtanga Vinyasa Yoga** - Not for Beginners prior Yoga experience necessary. Active style yoga using sun salutations to maintain heat during standing poses, backbends, inversions and twists.

**Senior Yoga** - A very gentle introductory yoga class using chairs for seated poses and standing poses for improved strength and flexibility. Focus will be using your breath to assist in the stretching.

**Water Yoga** - Designed for the beginning to intermediate participants. Stretch and relax while enhancing balance and strength. No prior yoga experience necessary. Shallow water workout.

**M - Member**  
**CM - Community Member**