



What's New in Fitness this March?

Turn over for What's New in Fitness February 2010



Sun and Moon Yoga Practice with Lori Salomon

A warming sun flow series transitioning into deep restorative stretches to facilitate the journey into stillness. Practice Pranayama—yoga breath work, the pinnacle of Hatha Yoga technology. Come and enjoy this luxurious extended practice.

Sat, March 6: 12-2pm

Before 2/27: \$25 members/\$30 public

After 2/27: \$30 members/\$35 public

Yin Yoga with Jean Johnson

Yin Yoga is the practice of coming into seated poses and holding them for a longer period of time. Allowing for profound opening and softening of the connective tissue, especially in and around the pelvic girdle, increased flexibility and the easy flow of energy throughout the body. Come discover the physical benefits and the healing and balancing qualities.

Sat, March 13: 12-2pm

Before 3/6: \$25 members/\$30 public

After 3/6: \$30 members/\$35 public

Samba Dance Fest with Tika Morgan

Move to the irresistible rhythms of Samba and Samba Reggae with live drumming.

Sun, March 14: 4-5:30pm

\$10 members/\$15 public — **Pay at the door**



Functional Core Training in 3 Dimensions with Robert Werner

Learn an exciting approach to 3-D core training used by elite athletes and top strength and conditioning coaches. Learn why “traditional” core exercises may contribute to postural problems and low back pain. Benefits include improved posture, injury prevention and reduced lower back pain. Experience two complete 3-D workouts you can do anywhere.

Sat. March 20: 12-2pm

Before 3/13: \$25members/\$30public

After 3/13: \$30members/\$35 public

Mood Support: Yoga for Anxiety and Depression with Rachel Yellin, Guest

Restore balance in your life through Asana – shift the body's pattern; Pranayama – breathe back to center; Meditation – focus your attention; Affirmations – cultivate positive thoughts; Hypnotic Relaxation – release your body and heal. Rachel is a hypnotherapist practicing in the model of Depth Hypnosis. Learn more about her at www.one-moon.com.

Sun, March 7: 1:30-4:15pm

Before 2/28: \$35 members /\$45 public

After 2/28: \$40 members/\$50 public