

# Summer Yoga

Lake Johnson Conference Room



## Chair Yoga

*This class is crafted for folks age 50 and older; includes stretches to increase range of motion, balancing poses to strengthen muscles that support joints, and breath awareness to promote a calm mind and body.*

**Date/Time:** Tuesdays, 6 - 7 PM (May 31 - July 5 and July 19 - August 23)

**Fee:** \$50 Residents, \$65 Non-Residents    **Ages:** 50+

## All Levels Yoga

*This is a mixed level course focused on stretching, relaxation and relieving stress.*

**Date/Time:** Wednesdays, 6:30 - 7:30 PM (April 20 - May 25 and July 27 - August 31)

Thursdays, 6:30 - 7:30 PM (June 9 - July 14)

**Fee:** \$50 Residents, \$65 Non-Residents    **Ages:** 18+

## Therapeutic Renewal

*Catered towards those who may be new to yoga or who have chronic conditions, chronic pain or are recovering from illness or injury.*

**Date/Time:** Tuesdays, 9:30 - 11 AM (May 10 - June 28 and July 12 - August 31)

**Fee:** \$80 Residents, \$95 Non-Residents    **Ages:** 16+