

# MONTHLY YOGA

Why pay expensive gym or yoga studio memberships prices when you can get high quality yoga classes for half the cost! Classes are offered on various days and times throughout the week for your convenience. Each class is only \$30/month! To register please contact the Boone County Parks Department at 859-334-2117 or visit the Boone County Parks website at [www.boonecountyky.org/parks](http://www.boonecountyky.org/parks) to register online.

## Fun and Flexible Yoga

This playful Yoga class will focus on strength, flexibility and balance. We will learn how to safely challenge ourselves using breath, body movement and alignment. Come prepared to breathe, move, have fun and relax. A moderate intensity class with modifications given.

*Sara Dauwe has maintained a yoga practice for 18 years while receiving her 300 - hr. CYT from World Peace Yoga (Cincinnati, OH) and holds a Certification in Yoga for Trauma as well. She is experienced in working with Children through Older Adults.*

### Classes are offered:

**Monday - Boone County Public Library - Main - \$30/month 7:15 PM - 8:15 PM**

## Mindful Movement Yoga

This class offers the perfect balance between movement and relaxation. We will flow through postures that help development and maintain core strength and flexibility and encourage mindfulness through breath and relaxation. During this class we will move intentionally while focusing on the mind/body connection. Beginner to advanced participants welcome! Please bring your own Yoga mat, a small blanket or beach towel, other props provided as necessary.

*Sara Dauwe*

### Classes are offered:

**Wednesday - Boone County Public Library - Hebron \$30/month 9 AM - 10 AM OR**

**Thursday - Boone County Public Library - Scheben \$30/month 10:15 AM—11:15 AM**

## Yoga for Healthy Weight

This beginner/intermediate yoga practice offers a holistic approach to maintaining a healthy weight with increased flexibility, more stamina & lean muscle! Studies show that increasing lean muscle greatly improves metabolism and burns more fat and calories than aerobic exercise alone! In this class Terri offers a warm-up for a safe yoga practice, detailed instructions through a variety of flowing beginner/intermediate yoga postures that help to burn calories and fat, provide core strengthening techniques for stronger abs, and alignment principles to improve energy, stamina, joint mobility and muscle tone. Pranayama (yogic breathing) techniques are used to reduce stress. Each class ends with a final relaxation (savasana) and meditation that helps to reduce stress, relax the body and calm the mind! Yoga for Healthy Weight will help you renew your youthful vitality, get fit and feel great!

This class is suitable for all levels! Equipment needed: yoga mat & small hand-held or wrist weights to improve lean muscle tone. Yoga blocks and straps are also used to help with balance and increase flexibility. Please note, using weights is optional for this class.

*Terri has been taking Yoga classes for over 20 years in Connecticut, Virginia and now Kentucky. She began teaching Yoga in 2005 and now has 16 years of experience in several levels of Yoga. Terri maintains her Yoga, mat Pilates and Personal Training certifications.*

### Classes are offered:

**M, W, Th - Boone County Public Library - Main - \$30/month 6 PM - 7 PM**

