

# YOGA WITH SONYA!

At Meridian Community Center, Loganville 770-266-1638

## UPSIDEDOWN?

Have you ever exercised **you ever tested your mind & body coordination** standing on one foot? Did you know that you could **reset your nervous system, detoxify your body and lower cortisol** (belly fat) just by proper breathing while **relaxing?** (WOW!) All this and more **can be accomplished through the practice of Yoga!**

|                 | Tuesday           | Thursday          | Saturday             |
|-----------------|-------------------|-------------------|----------------------|
| Yoga            | 9:30am - 10:45am  | 10:45am - 12 noon | 8:15am - 9:30am      |
| Limitless Yoga* | 11:00am - 12 noon | 9:20am - 10:20am  | <b>\$7.00/ class</b> |

\*Seniors 60 years and older pay \$5.00 per class.

What you need: **Please bring a yoga mat, water bottle, small towel and a long sleeve shirt.**

Mats, straps and blocks will be available for purchase 10 minutes prior to each class.

## Yoga Class Information:

Yoga is about producing balance in our bodies through flexibility, strengthening, toning, stretching, breathing and relaxing while peacefully connecting our mind and body. No two bodies are alike so all class members will be encouraged to enjoy the options offered that their body/mind needs on that particular day. Making changes in our body is 20% exercise and 80% what we eat. Along with the **"body awareness facts"** that I will share with you during class, there will also be a **recipe given out at the end of each class. Any type of body can benefit from practicing Yoga** and the information we'll learn in class. I look forward to our "Yoga Journey" together.

\*\*\*Both classes encourage the option of using blocks and straps. **The Limitless Yoga Class** includes the use of chairs to demonstrate the Yoga poses. Great for **Seniors** and participants with limited mobility.

I look forward to seeing you in class.

**Sonya Cousino Healy (200 RYT)**  
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