

Restorative Yoga Classes

Goose Creek Activity Center

Passed down for thousands of years, the practice of Hatha Yoga can help to improve: stress level, mental clarity, physical fitness, self understanding, and general well-being.

6 Week Session

10:00 - 10:45 am

Wednesday, May 16 - June 27

(No class Wednesday, May 30)

Cost for 6 week session:

\$30R / \$35 NR



Students should wear loose and comfortable clothing, bring a yoga mat, and avoid eating for 1-2 hours prior to class.

Gentle Restorative Yoga: A class dedicated to postures that work on healing, flexibility and relaxation. This class will blend Restorative and Hatha poses with the use of a chair for those needing assistance with balance. Time is taken to stretch out sore muscles, open up the body and release tension while getting grounded. Newcomers will find this class to be a great way to begin their practice. Intermediate and advanced students will enjoy less exertion for a change of pace. Come unwind and de-stress!



INSTRUCTOR Debra Baugh is Yoga Certified by American Aerobic Assn. Int'l & Int'l Sports Medicine Association. She is also certified in aquatic exercise and Yoqua (Yoga in the aquatic environment). Her supportive instruction is suitable for a wide range of physical levels.

For more information call the Goose Creek Community Center at 569-4242 or visit www.cityofgoosecreek.com