

Have you ever wanted to learn more about Pilates and a unique variety of Yoga classes? Now is your chance!

Instructor Jamie has come all the way from Phoenix, AZ and would love to share her talents with you! She has been teaching - over 20 different types of fitness classes - since 2007! Jamie has taught a wide variety of individuals, and prides herself on helping others stay active and injury free.

Yoga Flow - In this workshop you will learn the 8 limbs of yoga, the ujjayi breath, modifications for poses, and Sanskrit terms of asanas. To help students better understand the mechanics of flow, you will participate in a detailed breakdown of a sequence. All levels welcome.

Yin Yoga - Learn the difference between yin and yang styles of yoga, a brief overview how yin helps fascia, the lymphatic system and immunity. We will discuss modifications of poses, chakras and how they relate to the asanas. All levels welcome.

Pilates - An informative workshop that includes the 6 principles of pilates, proper execution of basic movements, how to breathe and modifications of exercises. All levels welcome.

Iyengar Yoga - Be enlightened by discovering your Ayurvedic dosha, Sanskrit terms of poses, proper breathing, modifications of poses and different muscle fibers. Learn beginner yoga poses with individualized adjustments/corrections through demonstration, participation and precise instruction of position. All levels welcome.

Yoga and Pilates Workshops

Date	Time	Class
August 24	9-10:30 a.m.	Yoga Flow
August 24	10:30 a.m.-Noon	Yin Yoga
August 24	2-3:30 p.m.	Pilates
August 24	3:30-5 p.m.	Iyengar Yoga

Workshop Fees: \$25 Resident; \$30 Non-Resident

(Pre-registration is required. Must bring your own mat.)

Location for all classes: Centralia Center Classroom A/B
220 3rd Avenue South, Wisconsin Rapids
Park in the main lot, and enter doors under smaller blue canopy on the left side.



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