



Specialty Yoga Workshops

In addition to the regularly scheduled yoga classes that the Sussex County YMCA offers throughout the week, on selected Sundays we offer specialty workshops that delve deeper into specific yoga themes. These workshops take place 2-4 p.m. and offer something for every level of practice and family member. Pre-registration cost for each individual workshop per person is \$10 for YMCA facility members and \$20 for non-members. Day-of-registration is \$15 for members and \$25 for non-members. For workshops that include more than one family member, the family fee is \$20 for members and \$30 for non-members. For more information, please call the YMCA Welcome Center at (973) 209-9622. (Schedule is subject to change.)

February 14 - Partner Yoga, an Assisted Stretch Workshop: Take a playful, interactive approach building strength and flexibility while deepening your own yoga practice. Yoga is often *funner with another* but for this workshop you are welcome to bring a friend or come solo and partner-up with other participants. No previous yoga experience is necessary.

February 28 - Yoga for Core Strength Workshop: “Core” refers to the body’s midsection and there are many health and fitness benefits of keeping it strong. This workshop will focus on poses that improve posture, alleviate lower back pressure, help with balance and strengthen the core. No previous yoga experience necessary.

March 14 – Yoga for Athletes Workshop: Yoga can be an invaluable training tool for athletes. This comprehensive workshop will cover physical poses, breath awareness and relaxation. This holistic approach to fitness will increase performance, decrease recovery time and provide balance to any training regimen. No previous yoga experience necessary and this program is open to teens and adults.

March 28 - Family Yoga Workshop: Yoga benefits all who chose to *step on the mat*. Embrace your inner child and connect with your children in a healthy, holistic approach to wellness. This kid-friendly practice will introduce your family to yoga in a fun, creative interactive manner. Come enjoy some quality family time! Open to families and children of all ages.

April 11 - Vinyasa Yoga Workshop: Vinyasa means *flow* in Sanskrit. This high energy workshop will introduce practitioners to a more flowing yoga practice while increasing strength, flexibility and focus. Join us as we flow effortlessly from posture to posture. Some previous yoga experience recommended.

April 25 - Yoga for Energy: *Plug into your prana* (meaning life-force or energy in Sanskrit). This workshop will incorporate asanas (traditional postures), pranayama (breath), and meditation to achieve increased energy both on and *off the mat*. Open to everyone. No previous yoga experience required.