

Thursday Night

Restorative Yoga

Winter 2010

Starting: Dec 2nd, 2010

St Philips United Church of Christ

10708 Lavinia Drive
St. Louis, MO. 63123
843-5100

(call or use Map Quest)

6:30 pm until 7:25pm

**\$5.00 a class -
Donation will go to the church**

**FOCUS
for the Session**

Week 1: Basics
Week 2: Leg Focus
Week 3: Chair
Week 4: Upper Body
Week 5 Wall Series
Week 6: Head Aches
Week 7: Ball Series
Week 8: Pilates or Hatha Yoga

Contact Gina if you have any questions or concerns.

Gina Pona-Norton, MAT , NCPT
Personal Trainer, Fitness Consultant

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Restorative Yoga

Great for beginners, the technique learned from this class can restore energy into your body by taking tension out of the muscles, relaxing the nervous system, so, the body can function more efficiently. This class will teach you how to improve your concentration, balance, strength, flexibility, coordination and even help diminish stress from the body and the mind.

Things you need to bring:

1. Bring one big towel or a Yoga Mat to lie on
2. One small towel to cover your eyes during relaxation.
3. An old belt, strap or rope to help you with stretches.

*** Dress in layers** (dress warm but be able to shed clothes if you get too warm). This practice is completed with no shoes and preferably with no socks, soooo, make sure your toes and socks are sparkling.

