Yoga

Men's Only Yoga
Adults 14 yrs and up
If you're a man who's hesitated to try yoga—here is your chance to practice in a safe, comfortable setting to improve flexibility and overall health.
Instructor: Kurt Braun
Location: Yoga Studio
SESSION I
4 Mondays, Sep 9-Oct 7
No class: 9/30
6:00-7:00 PM
MEM $48 / PTRN $48 / COMM $60
SESSION II
8 Mondays, Oct 28-Dec 16
No class: 10/14, 10/21
6:00-7:00 PM
MEM $96 / PTRN $96 / COMM $120

Mindfulness and Well-Being Training, Part I
Adults 18 yrs and up
In this engaging four-week training, participants will learn practices to deal skillfully with emotions, mindfully regulate attention, and increase their capacity to experience well-being.
Instructor: Jamie Lynn Tatera
Location: Yoga Studio
4 Mondays, Sep 9-Oct 7
No class: 9/30
9:30-10:30 AM
MEM $88 / PTRN $88 / COMM $96

Mindfulness and Well-Being Training, Part II
Adults 18 yrs and up
This class builds on the mindfulness and well-being skills cultivated in part I. In part II, participants will learn strategies to deal skillfully with difficult thoughts, grow resilience and self-compassion, as well as increasingly take in the positive experiences of life.
Instructor: Jamie Lynn Tatera
Location: Yoga Studio
4 Mondays, Oct 28-Nov 18
9:30-10:30 AM
MEM $88 / PTRN $88 / COMM $96