

## Enrich Your Life. Participate! Yoga Day USA - January 23, 2010

Those of us who practice yoga regularly don't need to be convinced of its benefits. We know it helps to melt away stress, relax tight muscles and ease pain. We know that when we practice, our bodies function better, we breathe more deeply and deliver more oxygen to our cells, we are stronger, fitter, and more flexible. We know it even can help us manage our weight.

That's why Yoga Alliance created Yoga Day USA in 1999. The annual nationwide celebration was designed to raise awareness about yoga's benefits by offering free or low-cost workshops in communities all across the country.

In honor of Yoga Day USA, the Carlisle Family YMCA is offering a full-day of free yoga classes for people in the community including all ages and fitness levels at the YMCA and at Dickinson College. You don't need to be flexible; you just need to be open to experiencing new possibilities. Below is the schedule of classes. Call Bonnie Berk, RN, MS, E-RYT at 243-2525 x 212 for more information or send email to: [bberk@carlislefamilyymca.org](mailto:bberk@carlislefamilyymca.org)

### Carlisle Family YMCA

TIME	CLASS	INSTRUCTOR	LOCATION
9:15—10:15 AM	Meditation 101	Melissa Brehm	Youth Fitness Center
10:30 AM – 11:30 AM	Sports Yoga	Jim Mader	Prescott Room
11:45 AM – 12:45 AM	Motherwell® Yoga: Prenatal	Melanie Kerstetter	Prescott Room
1:15 PM – 2:15 PM	Chair Yoga	Glenda Axsom, RYT	Prescott Room
2:30 PM – 3:30 PM	Family Yoga	Susan Hoeffler, RYT	Prescott Room

### Dickinson College - Depot (Bring a Mat)

TIME	CLASS	INSTRUCTOR
9:00 AM—10:00 AM	Yoga for a Healthy Back	Bonnie Berk, RN, MS, E-RYT
10:30 AM – 11:30 AM	Yoga for Health (Beginner and Intermediate)	Bonnie Berk, RN, MS, E-RYT
1:00 — 3:00 PM	Meditation, Mudras and Mandalas: Create your own meditation tools. Bring crayons along with an open mind!	Bonnie Berk, RN, MS, E-RYT

