

# Yoga Schedule

## Center for Health and Integrative Medicine

Join us for the following yoga classes!!

Day	Time	Class	Cost
Monday	7:00-8:00am 9:00-10:00am	Full Body Slow Flow Hatha Yoga	\$15.00 per class
Tuesday	4:30-5:30pm 6:00-7:00pm	Hatha Yoga Full Body Slow Flow	\$15.00 per class
Wednesday	8:00-9:00am 9:30-10:30am	Gentle Yoga Vinyasa Flow	\$15.00 per class
Thursday	4:30-5:30pm 6:00-7:00pm	Hatha Yoga Full Body Slow Flow	\$15.00 per class
Saturday (every other)	9:00-10:00am	Vinyasa Flow	\$15.00 per class

**Slow Flow Yoga:** Wonderfully gentle way of doing yoga postures with deliberation and calm. The pace of a flow class is meditative and focuses on peace and serenity in the mind and your body awareness. Poses are held longer, breathing very intentional, and transitions flow

**Hatha Yoga:** Postures are practiced to align, strengthen, and promote flexibility in the body. You can expect an emphasis on simplicity, repetition, and ease of movement. Hatha yoga classes require a focus and determination to hold postures longer and develop strength behind the poses so that you don't just sink into a posture but develop the strength behind the pose.

**Vinyasa Flow:** Build strength and energy in this invigorating vinyasa style class! Connecting one breath to each movement, this class will increase blood flow, deepen mobility, and energize the mind. You can expect a quiet start to connect to your breath, then a vigorous physical practice with a peak posture, and a moment of rest in shivasana.

***First class is FREE!!***

Space is limited – please call or email to schedule –  
Walk ins are welcome if space allows  
847-842-3140 ~ GSHP-IntegrativeMedicine@aah.org

Located in the West Pavilion Multipurpose room at Good Shepherd Hospital. Please enter through the hospital Main Entrance.