



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BREATH & MINDFULNESS BASED

## Intermediate & Beginner Yoga GREATER SCRANTON YMCA

The practice will provide basic yoga postures with specific breath flow. The utilization of breath and breathing techniques will further enhance the yoga practice. Additionally, the practice will provide a “mindful” yoga flow, taking each posture with a slow, deliberate approach. Each class will end with a mindful relaxation phase.

- Practice will provide physical, mental & spiritual development
- Participants will grow stronger, more flexible and will increase balance
- Sessions will focus on self-esteem,, self-discipline and respect

**CLASS SCHEDULE:**      **Wednesdays, January 17th-February 14th**  
9:15–10:30am (Multi-Purpose Room)  
& 4:15–5:30pm (Multi-Purpose Room)

**LOCATION:**              **Greater Scranton YMCA**  
706 N. Blakely Street  
Dunmore, PA 18512  
570-342-8115 or [greaterScrantonYMCA.org](http://greaterScrantonYMCA.org)



**Contact Instructor Ed Golecki at 570-905-4427 with any questions**