



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIND BODY & SPIRIT

Intermediate & Beginner Yoga GREATER SCRANTON YMCA

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

- Practice will provide physical, mental & spiritual development.
- Participants will grow stronger, more flexible and will increase balance.
- Sessions will focus on self-esteem, focus, self-discipline and respect.
- Participants are asked to please bring a yoga mat.

CLASS SCHEDULE: Tuesdays, September 25th–November 13th
5:00–6:15pm (New Community Room)
Wednesdays, September 26th–November 14th
9:30–10:45am (New Community Room)
Saturdays, September 22nd–November 10th
9:30–10:45am (New Community Room)

LOCATION: Greater Scranton YMCA
706 N. Blakely Street
Dunmore, PA 18512
570-342-8115 or greaterScrantonymca.org



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