

Class	Instructor	Class Description
Flow	LaShea	A energetic morning flow focused on building both strength and balance. Enjoy moving mindfully but powerfully through a vinyasa based practice.
Authentic Flow	Kassie Yancey	An alignment based slow flow honoring oneself and thus honoring others and the world.
Inversions/Arm Balances	Caroline Moon	Have fun! Get challenged! Feel like a kid again! Let go of fear! Trust yourself! Explore your boundaries! Learn how to create lightness in your practice and tap into your true inner power through total body integration. Caroline, will help you discover the opening and body awareness needed to enter into the full pose. Take home tips and modifications to play in your own body whether you are a novice or master. Learn how EVERY BODY can achieve success with a little bit of trust and a lot of faith!
Bliss Flow with Essential Oils	Pamela Blackmore	This class invites you to practice with curiosity, while being truly present with your body and breath. Essential Oils with yoga is an all-levels class that incorporates essential oils to elevate your mind-body experience to enhance your practice and help you go inward.
Earth Flow	Rachel Harper	A slower paced vinyasa flow practice focused on strength, grounding, and meditation. The intention of this practice is aligning with seasonal rhythms according to the principles of the ancient healing art of Ayurveda. Fall is Vata season in Ayurveda - Vata is the energy of air and space and governs all types of movement. It's qualities are dry, cool, and mobile, much like the dry, windy days of autumn. Our practice will focus on building heat, creating juiciness in the joints and stability in the body and mind, promoting better mental clarity, focus, better sleep, and settling the mind (and body) for meditation.
Beginner Yoga	Kerin Heir	A yoga class for those newer to yoga or those wanting a basic flow class. This class introduces foundational yoga postures, teaches you how to breath and helps you feel more comfortable in the yoga practice. Although this class moves at a slower pace than the other vinyasa classes, expect to be challenged both mentally and physically.
Deep Stretch with Props	Jennie Mok	Spending 3 to 7 minutes at a time in relaxed stretches on the floor, targeting tight hips, hamstrings, and shoulders. Foam roller and tennis balls help to develop core stability, strength, and balance as well as targeting cellulite trouble areas. The props can also be used to soothe sore muscles through deep tissue (myofascial) release.
Acro Yoga	TBD	Acro Yoga is a physical practice that combines yoga and acrobatics. The perfect antidote to a world where real human connection is lost in a sea of social media, get prepared to partner up and literally be swept off your feet. Although it can appear to be challenging, with the right instruction everything is possible. Warm climates, plenty of sunshine, and the outdoors make the perfect combination to practice and have fun!!!
Chanting and Mantra through Kirtan	Rene	Chanting as a group brings us together as a community in a way that no other form of Yoga does. Mantra helps to guide your awareness to a place that is quiet and still. Kirtan is a simple, powerful way to meditate. Come be a part of this effortless, joyful musical conversation. Let the music do the work as you flow with the melody and rhythm. See how Kirtan is the glue that bonds our hearts together.

Schedule of class times coming soon. Register now at GastonYMCA.org



OrthoCarolina

#YOUIMPROVED

Gaston Family YMCA Presents the First Annual



YOGA FEST

OPEN TO THE COMMUNITY
AGES 12 YEARS AND UP

Saturday, September 28 | 9AM-2PM

Warlick Family YMCA Lake Pavilion

Set to the backdrop of Robinwood Lake, the vision Yoga Fest is to create a space for connection, restoration, wellness and pure fun! **Enjoy yoga and meditation activities, local vendors and shopping, and live entertainment!**

PARTICIPATING YMCA YOGA INSTRUCTORS

Rene Henderson
Caroline Moon
Kelly Shelton

Kassi Yancey

Pamela Blackmore
Kerin Heir

PARTICIPATING COMMUNITY INSTRUCTORS

LeShea Perkins from The Yoga Room
Rachel Harper from On Track Yoga
Jenny Mok from Jenny's Yoga

Our featured meditation leader will be Brandi Leigh from Sound Healing.

Register now and learn more at GastonYMCA.org

Register by Friday, September 27 for the following prices:

YMCA Member: \$25 | Program Participant: \$30 | Day of registrations \$40 for all.