

Holistic Cardio Yoga

You need nothing more than your own body and breath to raise your heart rate, build and lengthen muscle, and sweat! Use this holistic 45 minute practice to compliment your current cardio, weight lifting, or regular yoga practice. Inspired by the heart-strengthening principle of a typical cardiovascular workout, the tedious treadmill session is replaced by a variety of face-paced, explosive sequences structured by the alignment and mindfulness of yoga. Quick movements are balanced by static posture holdings to help establish safe alignment, develop heart and body strength, create detoxifying heat and increase the body's range of movement. You will use your fullest breath to fuel this practice. An optimally oxygenated body will best support you as you move, detoxify, and manifest your potential.

Register with the Recreation Department (860)871-3610

Wednesdays

Session: Oct 17 – Dec 5 (no class Oct 31, Nov 21)

Time: 4:45 – 5:30pm

Fee: \$30.00* (6 wks) **employees only, this includes a \$10 Be Well discount; while you may participate in multiple fitness programs offered by the Rec Department, only one \$10 Be Well discount may be applied per employee.*

Minimum 5