

Yoga Classes

Tuesdays 5:30-6:30 PM

Foundations of Somatic Yoga: Mobilize, Stabilize, Strengthen.

- 8-week course for all ages and all abilities.
- \$5 per class for members
- \$8 per class for non-members.

Somatic Yoga is a blend of Somatic movements, Therapeutic & Hatha yoga that helps chronically tight muscles and improves mobility, stability, and strength. By understanding these reflex patterns and how they show up in our bodies, we can begin to decipher how slow, mindful movements and a conscious awareness of the whole body can mobilize, stabilize, and strengthen muscles and improve function in the joints.

Thursdays 5:30-6:30 PM

Slow Flow Yoga: Develop a Mind-Body Connection

- 8-week course for all ages and all abilities.
- \$5 per class for members
- \$8 per class for non-members.

Slow-flow yoga emphasizes peace and calms our bodies and nervous systems. In this course, we will explore movements to mobilize our bodies and release tight muscles before flowing through yoga poses, gently paced where you can pause, adjust, and connect deeply with your body and breath while calming the mind.

**To learn more call 402-768-4320
or stop by the Korff Center**



THAYER COUNTY HEALTH SERVICES
**KORFF FITNESS
& WELLNESS CENTER**