



# SomaYoga

Learn to focus on slow, mindful movements that increase awareness of the whole body in order to move well and improve function in all the muscles and joints.

SomaYoga uses a blend of traditional yoga, breath work, therapeutic yoga, and Somatics. Small, gentle movements lead into larger postures with increased awareness of the trunk and core. The release of tight and restricted muscles gives the potential of freeing us from chronic pain, as well as improving physical functioning, mobility, stability and strength.

**Day:** Tuesdays  
**Time:** 1 - 1:45 p.m.  
**Location:** Mind & Body Studio  
**Instructor:** Colleen McDermott  
**Cost:** \$25 (5 class punch card)

All fitness levels are welcome.  
Wear comfortable clothing.

**Purchase your punch card at  
the Member Services desk.**