



## YOGA FOR ATHLETES CLASS

**This 6-week class** is for all athletes looking for the perfect complimentary practice to their sport specific training. Yoga for Athletes is not necessarily "athletic" yoga. As athletes, you're already pushing your body in intense ways. Your yoga practice should honor and be informed by what kind of sport you do, where you are in your training and your overall experience and abilities. This is not a "one size fits all" kind of class. Variations will be given so that each individual athlete can benefit from the practice in a safe and mindful way.

When practiced consistently, yoga can improve balance and strength - including the core. It increases flexibility and range of motion, helps reduce injuries and teaches you how to breathe more efficiently. Yoga also provides mental benefits like reduced stress, a calm mind, plus sharper focus and concentration skills. This class is great for body, mind and spirit.

**START DATE:** Tuesday, September 14

**END DATE:** Tuesday, October 19

**TIME:** 7:30 - 8:45pm

**COST:** \$60 for 6 weeks

- **Payment due with Registration**
- **Space is limited – please register early to reserve your spot!**

**Name:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

Please hand in or mail your registration form and payment made payable to: **KAREN KENNEY**

**QUEST YOGA STUDIO • 114 DOVER ROAD • CHICHESTER, NH 03258**