

PUT MORE SERENITY IN...

GET MORE AWESOME OUT!



AUGUST FITNESS CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11am Mindful Yoga	2 10:30am Mindful Yoga	3 9:45am Restorative Yoga 12pm Tai Chi Chuan	4 10:45am Foam Roller Stretch and Relax
5 9:30am Yoga	6 10:30am Mindful Yoga 1pm Mindful Chair Yoga 2pm Tai Chi Chuan	7 Find a comfortable seat in a quiet area and meditate for 10 or more minutes	8 11am Mindful Yoga	9 10:30am Mindful Yoga	10 9:45am Restorative Yoga 12pm Tai Chi Chuan	11 10:45am Foam Roller Stretch and Relax
12 9:30am Yoga	13 10:30am Mindful Yoga 1pm Mindful Chair Yoga 2pm Tai Chi Chuan	14 Find a comfortable seat in a quiet area and meditate for 10 or more minutes	15 11am Mindful Yoga	16 10:30am Mindful Yoga	17 9:45am Restorative Yoga 12pm Tai Chi Chuan	18 10:45am Foam Roller Stretch and Relax
19 9:30am Yoga	20 10:30am Mindful Yoga 1pm Mindful Chair Yoga 2pm Tai Chi Chuan	21 Find a comfortable seat in a quiet area and meditate for 10 or more minutes	22 11am Mindful Yoga	23 10:30am Mindful Yoga	24 9:45am Restorative Yoga 12pm Tai Chi Chuan	25 10:45am Foam Roller Stretch and Relax
26 9:30am Yoga	27 10:30am Mindful Yoga 1pm Mindful Chair Yoga 2pm Tai Chi Chuan	28 Find a comfortable seat in a quiet area and meditate for 10 or more minutes	29 11am Mindful Yoga	30 10:30am Mindful Yoga	31 9:45am Restorative Yoga 12pm Tai Chi Chuan	



In our busy world, it is not easy to take the time we need to focus on our total well-being. Spending a short time each day for mind-body exercises, such as yoga, tai chi, or meditation, will have a profound impact on your life.

Reduction in:

- Blood pressure
- Heart rate
- Stress hormone cortisol
- Depression

Increase in:

- Dopamine levels
- Mood
- Feelings of well being

Join us for a mind body class or take a few minutes out of your day to meditate and find your peace. We look forward to being on your journey to a calmer you!



YMCA East Hampton RECenter

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