

# PUT MORE SERENITY IN...

# GET MORE AWESOME OUT!



## AUGUST FITNESS CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Find a comfortable seat in a quiet area and meditate for 10 or more minutes	2 10:10am Gentle Yoga 6:35pm Beginner Yoga	3 11:30am Beginner Yoga	4 Find time to relax and enjoy the weekend
5 10:30am Tai Chi Chuan 11:35am Gentle Yoga	6 8:10am Yoga 5:30pm Iyengar Yoga	7 6:05pm Beginner Yoga	8 Find a comfortable seat in a quiet area and meditate for 10 or more minutes	9 10:10am Gentle Yoga 6:35pm Beginner Yoga	10 11:30am Beginner Yoga	11 Find time to relax and enjoy the weekend
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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 AT GLEN COVE**

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