

# PUT MORE SERENITY IN...

# GET MORE AWESOME OUT!



## AUGUST FITNESS CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8am Gentle Yoga 10:10am Tai Chi Chuan 11:15am Restorative Yoga 7:30pm Hatha Yoga	10:10am Vinyasa Yoga	10:15am Kripalu Yoga	8am Vinyasa Yoga
August 8:30am Yogalates	10:05am Vinyasa Yoga 5:45pm Hatha Yoga	7am Vinyasa Yoga 9:05am Vinyasa Yoga	8am Gentle Yoga 10:10am Tai Chi Chuan 11:15am Restorative Yoga 7:30pm Hatha Yoga	10:10am Vinyasa Yoga	10:15am Kripalu Yoga	8am Vinyasa Yoga
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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!



**GREAT SOUTH BAY YMCA**

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