

**A P L E X**

# **Y O G A**

Yoga practitioners use a series of movements (poses or asanas) combined or “yoked” with breathing, to increase strength and mobility, improve breathing and decrease stress. A greater sense of body awareness helps improve posture and balance. In yoga classes, adjustments and adaptations are made for each person to allow him or her to gain the most from the yoga practice.

**Everyone is able to practice yoga!**

**Mondays and Wednesdays with Kerry Mase at 9:00 AM**

**Tuesdays and Thursdays with Maureen Mead, YT 500 at 9:00 AM**

(Tuesday is a yoga with optional weights for those who want additional strengthening)

**Fridays Chair Yoga with Pamela Borchert, RYT 200 at 8:00 AM**

(For those who may have challenges getting up and down from the floor; some poses seated in chair and some poses standing)

**Fridays Bones and Beyond with Pamela Borchert, RYT 200 at 9:00 AM**

(Class is particularly helpful to those with posture concerns, osteopenia or osteoporosis)

Please dress so you can move easily. Yoga is performed barefoot, so you do not need special shoes.

Yoga equipment is available for trial. Cost is \$5.00 suggested donation per session.

## **CONTACT INFORMATION**

Pam Borchert  
(989) 464-6044

APlex  
701 Woodward Ave  
Alpena, MI 49707  
(989) 356-6164

