

Yoga - Recreation Committee

Event Date

Tue, May 14 2024, 6:30 - 7:30pm

The Underhill Recreational Committee is pleased to announce: Tuesday Night Gentle Yoga Classes

Starting 4/23/2024

Weekly on Tuesday Nights

6:30 pm-7:30 pm

Donations for the instructor are encouraged. Diana Rose will be teaching Gentle Flow Yoga classes designed to honor you wherever you are at physically. You don't need to be flexible to do Yoga! No

expectations, judgements, or prior experience needed. The class will begin with joint opening exercises and warm-ups, flow through a balanced series of standing, seated, and reclined poses with instructions and modifications available, and will finish with a guided relaxation meditation during the final resting posture. Diana began her journey teaching Yoga in 2014 while working as a wellness coordinator in a subluxation-based chiropractic office. Yoga played a pivotal role in her own healing journey, so she wanted to be able to share the ancient healing practice with others. Her intention with every class is to create a sacred space for people to unplug from the busyness of the world, let go of worries and concerns, tune into their breathing, honor their own body's physical sensations, and bring awareness to thoughts flowing to find peace and balance and honor the connection between the mind, body, and spirit. Common Side Effects of Yoga:

Improved flexibility

Increased circulation/blood flow

Decreased pain

Strength building

Improved sleep

Increased flow- peaceful state of mind Please RSVP InfinityOasis1111 [at] gmail.com or 802-345-9435!

Drop ins are also welcome!

Donations by cash/check/Venmo will be accepted but not expected.

Please bring a Yoga mat if you have one or Diana will have a few extras to borrow!

