

# FITNESS PROGRAMS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YOGA BINDS WORKSHOP

### Have you seen a Yogi Pretzel?

Join Yoga Instructors, Emily and Ruth, to safely learn yoga binds and various bound positions yogi's can do in their yoga practice. Binds are beneficial to help increase the intensity of the stretch in a particular area of the body or multiple areas. These poses release tension built up in that area and can help increase your range of motion and flexibility in the body.

### Workshop Take-A-Ways:

- Learn various bind poses
  - Bird of Paradise
  - Noose Pose
  - Sage Marichi I
  - and much more!
- Learn how to use props to help you bind
- Learn when it is safe to bind
- Learn how to warm-up for a bind

### Meeting Time

Wednesday, September 11  
8-9:10am  
(During the regularly scheduled Power Yoga class)

### Cost

Members: Free | Community: \$15

### Registration is not required!

### Questions

Contact Emily Fischer, Fitness Director  
emily.fischer@glymca.org | 262.248.6211 x17

