



Yoga Schedule

Morning Classes:

Yoga Basics

- Mondays & Wednesdays 8-9:30 am

August 2- 30

\$100 (9 class session) OR \$45 (4 classes)

September 1-29 *No class Labor Day*

\$ 90 (8 class session) OR \$ 45 (4 classes)

Evening Classes:

Yoga Basics

- Tuesdays 6 – 7:30 pm

August 3-31 \$55 (5 class session)

September 7-28 \$ 45 (4 class session)

Vinyasa Yoga

- Thursdays 6-7:30 pm

August 5 -26 \$45 (4 class session)

September 2-30 \$55 (5 class session)

Location: Academy of Performing Arts

392 Butterfield Road, Chino Valley

To register: Contact Cheryl Van Demark

925-4388 or cherylvd@healthinmotionaz.com

visit www.healthinmotionAZ.com

Yoga Basics

As a first time yoga student, or an individual with an ongoing yoga practice , enjoy a class series featuring in depth exploration of the foundational principles of the Tree of Yoga:

- internal and external disciplines;
- postures; breath work;
- sensory focus; concentration;
- awareness and meditation.



Vinyasa

A flow style of Yoga focusing on smooth and balanced transitions as one asana unfolds into another on the river of the breath.



Note: Students should have prior exposure to basic Yoga postures to prepare for this style of practice.

Instructor Cheryl Van Demark, PT is a registered yoga teacher, yoga therapist and physical therapist with a Master's degree in physical education and exercise science. She has enjoyed over 25 years of helping individuals learn to relieve pain and experience.....

