

# Yogalates

**Thursday's @3pm for 6 Weeks**

**Classes from 10/19/23 to 11/16/23 & 11/30/23**

## **Yogalates**

**This class will combine the best that Yoga has to offer through mind/body awareness while building on the Pilates series of movements to create a strong core to improve your posture. The two together create a wonderful synergy to improve your mind and body to move better throughout your day.**

**This class will be an hour long class for six weeks. It will begin with and end with our traditional yoga movements and then move into learning the Joseph Pilates series of mat abdominal exercise. Each week we will build on what has been learned the week before, but that does not mean you will be behind if a class is missed. As usual in Yoga class, we will end the class with poses to slow our bodies and minds down to relax in Savasana.**



**The 6 classes are \$65.  
Space is limited to 12  
Registration is required**

The Centre at VitaZen  
Smith Mountain Lake, Virginia

540.721.9365