

YOGA at Gold Dust Park

About Yoga

Yoga is practiced by more than 15 million Americans.

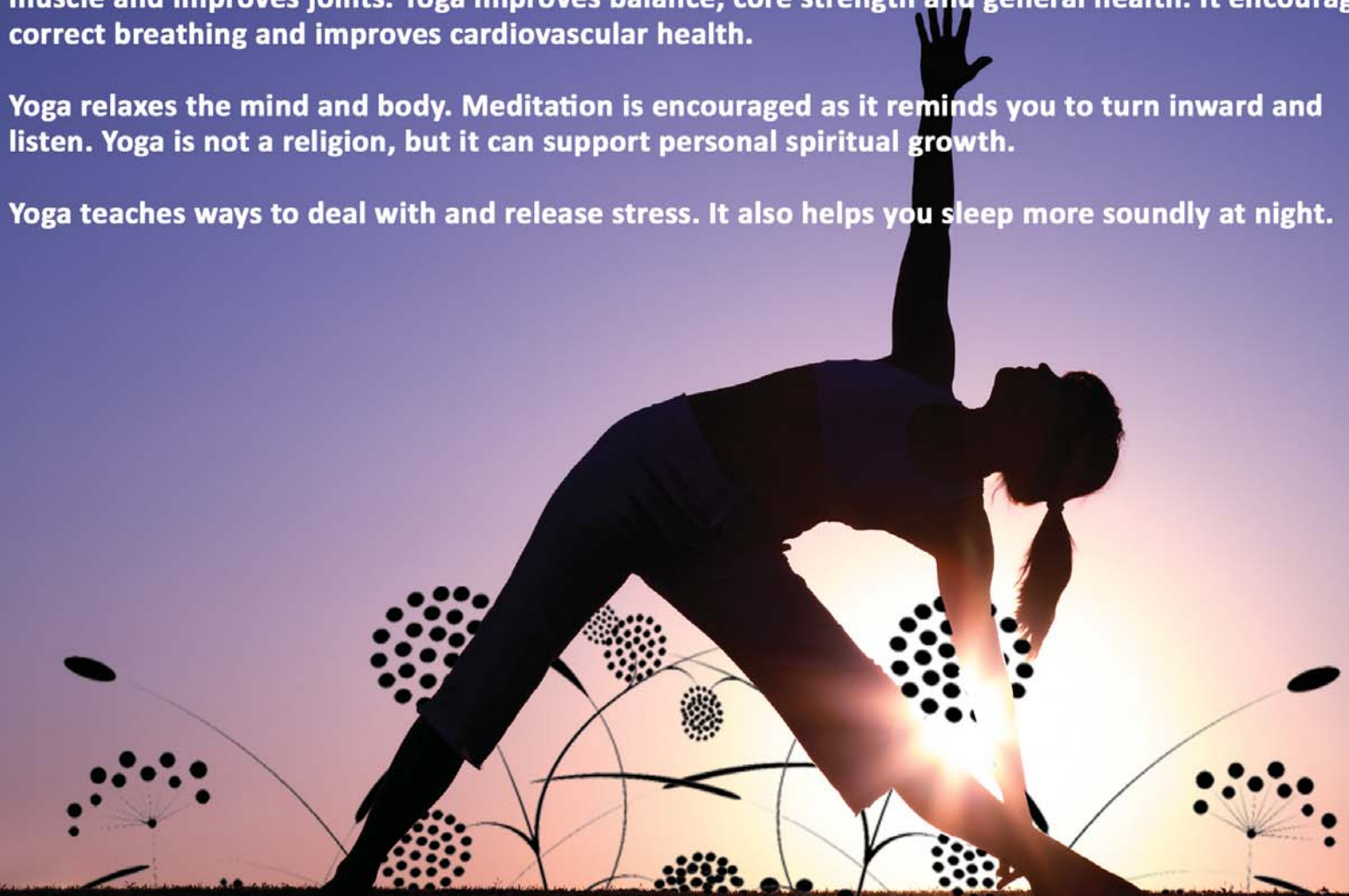
Yoga is for everyone! Every body type, age and gender can do yoga and benefit from it.

You don't have to be flexible to start yoga. Poses can be modified depending on ability. Props like blocks, straps and chairs can be used. Flexibility and strength will come with consistent practice.

Yoga works the entire body, including internal systems. Yoga increases blood flow, stretches every muscle and improves joints. Yoga improves balance, core strength and general health. It encourages correct breathing and improves cardiovascular health.


Yoga relaxes the mind and body. Meditation is encouraged as it reminds you to turn inward and listen. Yoga is not a religion, but it can support personal spiritual growth.

Yoga teaches ways to deal with and release stress. It also helps you sleep more soundly at night.



Monday, Wednesday and Friday 9:30am - 10:30am
Tuesday and Thursday 6:00pm - 7:00pm
\$50 monthly for all three weekdays or
\$40 monthly for two weekdays

Instructor: Sue Hopkins
Certified Hatha Yoga Instructor
770-562-4853

 Villa Rica Parks and Recreation Department