

Yoga

Wednesdays

7:00 p.m. - 8:00 p.m.

Fee: \$5/members \$10/Nonmembers

Day-Pass

Instructor: Dianna Carrasquillo (English & Spanish)

Yoga at the Danbury Community Center Studio alternates between two forms of Yoga, Yin and Vinyasa. Both classes are taught by our experienced, bilingual

instructor, Dianna Carrasquillo and are paced to be friendly for beginners without being too slow for more experienced yogis. Millennia-old traditions exploring the connection between body and mind have developed into a practice which works on flexibility, improves balance, builds core strength, and fosters introspection.



Yin yoga is a slow-paced style of yoga with seated postures that are held for longer periods of time. Yin can also be a meditative yoga practice that helps you find inner peace. Yin is a great class for beginners, as postures can be held anywhere from 45 seconds to 2 minutes. The classes are relaxed, as you're supposed to let gravity do most of the work.

Vinyasa yoga is often considered the most athletic yoga style and was adapted from ashtanga yoga in the 1980s. Vinyasa means "to place in a special way" and, in this case, yoga postures. Many types of yoga can also be considered "vinyasa flows," such as ashtanga, power yoga, and prana. In vinyasa classes, movements are coordinated with your breath in order to flow from one pose to another.