

## Yoga Classes Coming to Ulen-Hitterdal *by Therese Vogel*

Join in to learn about and experience yoga. Ulen-Hitterdal Community Ed. will be sponsoring two classes on March 24 and March 31 with Moorhead yoga instructor Carolyn Espel. The classes are separate, but build on each other. Cost will be \$5 for both classes or \$5 for one class! You will need to bring an exercise mat, blanket or large towel...and two pillows for the sleep class. We will meet in the U-H gym with a maximum class size of 30. Be sure to sign up today (or before March 21) with Therese Vogel at 218-596-8853 or [tvogel@ulenhitterdal.k12.mn.us](mailto:tvogel@ulenhitterdal.k12.mn.us)

March 24, 6:00 – 7:15 p.m.

### Getting Started with Yoga

Yoga offers timeless techniques to help reduce stress and improve quality of life by connecting the mind and body. In this beginning level class, you will learn basic techniques to help you begin a yoga practice that will help you de-stress, increase awareness, and stretch and strengthen your body through mindful movement and breath work. Please bring a yoga/exercise mat.

March 31, 7:00 – 9:00 p.m.

### Yoga for Better Sleep

Good quality sleep can profoundly affect your health in physical, mental and emotional ways. If you have trouble getting to sleep or staying asleep, come learn helpful techniques inspired by yoga. Yoga is a total wellness philosophy that provides some effective tools and methods to relax, balance, calm and focus the mind, body and spirit. This workshop will equip you with natural and time-tested yoga practices that prepare you for sleep and can be used during wakeful times to return to sleep. Class will include both discussion and practice for a complete understanding of the techniques taught. Please bring a yoga mat, blanket or large towel and two pillows to class.

This is a special class just for you from the U-H Community Ed. Board, Clay County Collaborative and the U-H School Wellness Committee.