



# Yoga

with

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Online via Zoom- Email to Request Link

## Yoga Nidra

Sundays at 5:00 pm

The ancient practice of Yoga Nidra or yogic sleep allows us to contact the deeper levels of consciousness, where the mind becomes receptive and true transformation can take place. In Yoga Nidra we learn to let go, to surrender, to find total relaxation physically, mentally and emotionally and to discover and awaken our immense potential.

## Gentle Hatha Yoga

Sundays at 9:30 am

This Gentle Hatha Yoga class and integrates breathing techniques (Pranayama) as well as both standing and seated poses (Asanas) at a slow pace, to promote strength, flexibility, mental awareness and a sense of wellbeing.

## Torrance Memorial Meditation Circle

Tuesdays & Thursdays at 4:30 pm

This Mindful Meditation Class utilizes a variety of techniques to achieve mental clarity, calmness, stability, resilience and the ability to remain in the present moment.

## Yoga, Core and More

Monday & Wednesdays 12:30 pm

Tuesdays & Thursdays 9:45 am

Fridays at 11:30 am

This class is a blending of Yoga postures, breathing techniques and core strengthening exercises to promote joint mobility, healthy movement patterns and a sense of well-being.