

Fitness for You: National Yoga Month – September 2024

All levels are welcome! <https://www.facebook.com/NihRwFitness/>

Tuesday, September 3rd 1pm – 1:30pm

Hatha Yoga with Shannon (In-Person Only Building 53): Hatha Yoga is a spiritual practice of Hindu origin in which various postures are performed that involve the mind, body, and spirit. Each pose or asana is performed in homage to a Hindu god. Breath control is used to channel energy forces throughout the body. Participants will need a mat and block (which will be provided).

Wednesday, September 4th 11:30am – 12pm

Align Your Spine and Tune Your Nervous System with Desk Yoga with Allison: Tired of feeling slouched over at your desk all day? Take a break from the keyboard and realign your spine with a few key yoga poses and stretches, while fine-tuning your nervous system into a relaxed state. [Participation Link](#)

Friday, September 6th 6am – 6:30am

Sunrise Yoga with Shannon: Unwind from a long week with Yoga in the morning! A Hatha Yoga practice, participants will be guided through various poses or asanas in order to achieve a mind-body connection while increasing flexibility and breath control. A Yoga mat and block are recommended.

Monday, September 9th 3pm – 3:30pm

Non-Sleep Deep Rest: Ease the Transition to Fall by Slowing Down with Allison: Embrace the transition to Fall and create stillness in the busy-ness of new September routines with the quiet and sweet practice of non-sleep deep rest (NSDR). NSDR is rooted in the ancient tradition of yoga nidra ("nidra" meaning sleep) and combines mindful breathing and body scanning to bring oneself into an aware, yet deeply relaxed state. [Participation Link](#)

Tuesday, September 10th 1pm – 1:30pm

Afternoon Flow Yoga with Shannon (In-Person Only Building 53): Flow Yoga is a fusion of Hatha and Vinyasa in which poses are performed in a continuous way. This practice focuses on a connection between movement, breath, and the mind. Yogis will use a mat and a block (provided) to achieve each posture.

Friday, September 13th 6am – 6:30am

Yoga for Athletes with Shannon: Tight hips? Restricted range of motion? Join this practice in which poses are performed that help to increase flexibility and range of motion for optimal results in sports play or ease of movement in daily activity. Yoga is a spiritual practice that involves executing different postures in connection of the mind, body, and spirit. No Yoga experience is needed to join. A Yoga mat and block are recommended.

Monday, September 16th 8am – 8:40am

Yoga Building Strength & Balance with Leslie: Much to the dismay of newbies, yoga is not just about a good stretch! Come to this class to focus on rebuilding your core strength, balance, lengthening the spine, mindful breath, and total body awareness. Leave the class feeling more grounded and aligned. [Participation Link](#)

Wednesday, September 18th 11:30am – 12pm

Awaken and Energize for the Afternoon with Hatha Yoga for Small Spaces with Allison:

Struggling with fatigue or feeling run down? Nothing like a few energizing yoga postures and breathwork to get you re-energized for the day! Join Allison Rose, R&W's Ayurveda Yoga Specialist on Wednesday, September 18th at 11:30am, for a 30-minute desk yoga class. Zoom details below. No need to change your clothes or roll out your mat--just log onto your computer and get ready to stretch and breathe. [Participation Link](#)

Friday, September 20th 6am – 6:30am

Bendy Body Yoga with Shannon: Get the joints involved with Bendy Yoga! Prepare to perform hip bends and hinges, backbends and arches, knee and ankle flexion and extension and more! Light weights will be incorporated for added resistance. It's a fusion of Hatha and Vinyasa for all levels. A Yoga mat and light weights recommended. Go into the weekend rejuvenated!

Wednesday, September 25th 12pm – 12:30pm

Non-Sleep Deep Rest: Ease the Transition to Fall by Slowing Down with Allison: Embrace the transition to Fall and create stillness in the busy-ness of new September routines with the quiet and sweet practice of non-sleep deep rest (NSDR). NSDR is rooted in the ancient tradition of yoga nidra ("nidra" meaning sleep) and combines mindful breathing and body scanning to bring oneself into an aware, yet deeply relaxed state. [Participation Link](#)

Monday, September 30th 6am – 6:30am

Sunrise Yoga with Shannon: Bring in the sunrise with a Hatha Yoga early morning practice! Participants will perform various postures designed to connect the mind, body, and spirit. No Yoga experience needed; a mat and a block are recommended.