

## **Mondays:**

### **Fundamentals of Yoga (11:00 to 12:00 noon) NyECC, Room 19**

Learn foundational postures of hatha yoga in a gentle and easy fashion where modifications are encouraged for newcomers or for those coming back to yoga after not practicing for many years. Benefits include an increase in flexibility, strength, and balance as well as a greater sense of well-being. The ability to get up and down from the floor helpful but not required.

**(Instructor: Tamalyn Taylor)**

### **Mixed-Level Yoga (3:30 to 4:30 pm) NyECC, Room 19**

Learn foundational postures from both hatha and restorative yoga. We will explore simple breathing techniques which will encourage a deeper state of relaxation and learn practical strategies of stress management that can be taken into the work place. Beginning and intermediate students welcome. **(Instructor: Tamalyn Taylor)**

## **Tuesdays:**

### **Qigong + (11:00 am to 12:15 pm) NyECC, Room 19**

Qigong (pronounced as *chee gong*) consists of a variety of traditional Chinese exercises that increase vitality and health. Participants will learn simple and gentle movements along with breath control and mental focus. Self-massage techniques and a short meditation will conclude the hour. The 15 minutes following the hour class will be dedicated to a healthy living tip for the week. Participants of all levels and abilities are welcome. **(Instructor: Tamalyn Taylor)**

## **Thursdays:**

### **Discovery Park Walking Group (8:00 to 8:45 am) Pahrump Valley Blvd, S of Bourbon St**

We will walk on the path situated between Pahrump Valley Blvd and Red Butte. The path is about 1.5 miles of easy walking and pleasant scenery. A fun way to start the day and meet new friends. **(Facilitated by: Tamalyn Taylor)**

### **Qigong (1:00 to 2:00 pm) Pahrump Community Library**

The focus in this class will be to create a strong mind-body connection by working with Qigong and Yoga techniques through gentle movement. We will emphasize whole body movement, developing your center, as well as utilizing meditation and visualization exercises which may be helpful for managing your stress levels and dealing with chronic pain.

**(Instructor: Tamalyn Taylor)**