



VISION FOR  
HEALTHY  
LIVING

# Yoga Basics Exercise Series

Thursdays, 10:30-11:30 am  
Normandale Lutheran Church - 6100 Normandale Rd, Edina

Improved balance, increased strength, greater sense of peace and calm...these are just a few things you can expect to gain from this six-week yoga sampler series. Be sure to catch every class because each one has a different focus and offers new tools and strategies for improved overall well-being.

## Sept 14

Week 1: Introduction +  
breathing and relaxation

## Sept 21

Week 2: Flexibility, stretching  
and lengthening

## Sept 28

Week 3: Chair/desk yoga

## Oct 5

Week 4: Balance

## Oct 12

Week 5: Restorative and  
meditation

## Oct 19

Week 6: Strength and toning

Participants of all ages and abilities are welcome and modifications will be offered for every level.

Classes taught by Melissa Lombard, a Registered Yoga Teacher who has been teaching a wide variety of fitness classes to all levels and abilities since 2001. Melissa loves watching her students gain strength and confidence from stretching themselves - both physically and mentally. After 15 years in Texas, native Minnesotan Melissa is happy to be back "home" and spends her free time exploring all the lakes and trails this beautiful state has to offer. She also loves baking and has plans this winter to perfect her lefse recipe!



### Cost:

\$6 for drop-in or a single session  
\$35 for the entire series

### To Register:

Contact the Center at 952-929-1698  
or [info@normandalecenter.org](mailto:info@normandalecenter.org).



EXERCISE