



# Yoga FOR ATHLETES

**SPACES  
AVAILABLE.  
SIGN UP NOW!**

**MAY 10TH, 17TH,  
24TH & 31ST**

**11:30 ON SUNDAYS**

**\$60 PER MEMBER  
FOR THE SERIES**

**\$80 FOR NON MEMBERS**

A 4 class series where participants will learn how yoga can support their athletic endeavors. The focus will be on listening inwardly to understand what your body is communicating and responding to what the body needs. In this way, yoga can become a source of information and a valuable tool in your athletic toolbox. Each class will focus on a specific element critical to athletic performance - stability and alignment, mobility, flow, and breath and rest.



**ISLAND**  
HEALTH & FITNESS  
EVERYONE'S AT ISLAND

## **DOWNTOWN**



607.277.3861



310 Taughannock Blvd. Ithaca, New York



[www.islandhealthfitness.com](http://www.islandhealthfitness.com)