

The Yoga Loft presents:

# Slim Yoga Series

with Laurel Attanasio

Yoga to raise your metabolism!

Tuesdays  
and/or  
Thursdays  
5:00 - 5:55pm  
8-week series  
spring 2010  
March 2 - April 29

*No class on April 1 or April 6*

cost: 1x per week, \$80 (8 cls)  
1-2 x per week \$110 (12 cls)  
2x per week, \$130 (16 cls)  
drop-in \$14



**WHAT IS SLIM YOGA?** This one-hour yoga class takes principles of safe and effective asana practice and integrates them with the concept of High-Intensity Interval Training. Integrating HIIT at least once or twice a week into your overall fitness plan has been shown to increase metabolism around the clock, instead of only burning extra calories while you are exercising, as steady state cardio does.

Be prepared to build up to three shorter rounds of moving quickly but safely to get your heart rate up, and then three longer rounds of calming poses to lower your heart rate and create the intervals required.

The faster segments will be hard! But even as you temporarily challenge your body, remember that this is a yoga practice above all, and you will be encouraged to develop a calm mind and sense of steadiness as you work. Music is incorporated to help motivate and inspire you throughout the sequence.

**WHAT IF I CAN'T KEEP UP?** This class assumes enough experience with sun salutes that you know when and how to modify. If you need a break, just take one until you can rejoin the sequence. You should always feel as though you have enough breath.



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