



### Mondays 9–10am - Yoga Basics

A foundations class perfect for beginners as well as those with some experience who can benefit from revisiting essential alignment. Learn the basic movements of vinyasa flow and sun salutations. Leave feeling invigorated and flexible through hip openers, hamstring stretches and longer holds to build strength and soothe tension.

### Tuesdays 5–6pm - Core War

An all levels class focusing on strengthening the core from all sides. Incorporates variations of plank, side plank, boat pose (navasana), yoga bicycles, core cleansing twists and more! Be ready to sweat.

### Wednesdays 9–10am - Vinyasa Flow Cardio

This dynamic vinyasa practice is a creative sequence of poses which are built on the foundations of flow. Build heat with sun salutations, work your strength and flexibility with standing and seated postures. This class is recommended for students with some yoga experience and may include arm balances and inversions.

### Fridays 9–10am - Core War

An all levels class focusing on strengthening the core from all sides. Incorporates variations of plank, side plank, boat pose (navasana), yoga bicycles, core cleansing twists and more! Be ready to sweat.

Members – \$15 Non-Members – \$20

Buy 5 classes, get the 6<sup>th</sup> free!

Questions? Call Lowri at (203) 668–9003 or 788–7936 or visit [lorifoyleyoga.com](http://lorifoyleyoga.com)

Call, email, or register in person at the FI Community Center

(631) 788–7683

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