

breath

YOGA IN THE GALLERIES Join us on Saturday mornings this autumn for sixty-minute drop-in classes in Meditation, Yoga, and PiYo®. Classes are led by your favorite regional instructors: Jessica Janowsky and Donna Wujastyk of Ultimate Fit Chick and Doris Farmer of Heart to Heart Yoga and Healing.

Members: Free
Not-Yet-Members: \$5

Meditation is a calming practice that reduces stress and increases happiness through thoughtful techniques, such as visualization and deep breathing.

Yoga is a relaxing form of exercise that strengthens your muscles, increases flexibility, and improves mental health through meditative qualities.

PiYo® is a combination of Pilates and yoga exercises that creates a fast-paced rhythm. Like yoga, you increase your balance and flexibility, while also strengthening your muscles through your own body weight in Pilates.

Autumn 2017 Schedule

Classes are held at 10:30am on Saturday mornings; this schedule is subject to change. For more information, contact the Museum at guestservices@arnotartmuseum.org or 607.734.3697.

- 9 September *Meditation with Jessica*
- 16 September *Pi-Yo® with Jessica*
- 23 September *Yoga with Donna*
- 30 September *Yoga with Doris*
- 7 October *Yoga with Donna*
- 14 October *Meditation with Jessica*
- 21 October *Yoga with Doris*
- 28 October *Pi-Yo® with Jessica*
- 4 November *Meditation with Jessica*
- 11 November *Yoga with Doris*
- 18 November *Pi-Yo® with Jessica*
- 25 November *Yoga with Donna*
- 2 December *Yoga with Doris*
- 9 December *Yoga with Donna*
- 16 December *Pi-Yo® with Jessica*
- 30 December *Meditation with Jessica*



MICHAEL BERGT American, born 1956

Yoga Master, 2001

cast bronze, 90 x 20 x 20 inches

Museum purchase and gift of Turner Carroll Gallery