



YOGA



Class Descriptions:

AYURVEDIC

Special posture sequences are practiced with vedic chanting, meditation, and prana yama to balance the pranas of the body. This dynamic yet deeply relaxing class is open level and will benefit beginning as well as advanced students.

ASHTANGA

Learn the Ashtanga primary series. Specific attention will be given to alignment and breath in this popular sequence. This series is for students new to yoga and Ashtanga as well as advanced students looking to refine their practice.

STRESS MANAGEMENT & RELAXATION TECHNIQUES

By allowing stress to drop away we are more able to fully engage ourselves with life. Simple yet profound practices of yoga asana, meditation, breath, and mantra loosen the grip of tension on the body and mind. We will spend significant time learning relaxation techniques that you can do from the confines of your office chair.

About Our Facilities

The Fitness Center at MeritCare Southpointe is the largest and most comprehensive exercise facility center in the region, offering a number of amenities you won't find anywhere else. Unlike a health club, the Center is part of a comprehensive healthcare system that includes a wide range of medical specialties and services.

Pricing, Sign Up, and More Information

No pre-registration is required for these classes. A fee of \$7.00 per person per session will be collected. Group exercises class punchcards are available for \$60.00 for 10 classes. For more information on the classes call (701) 234-8750.

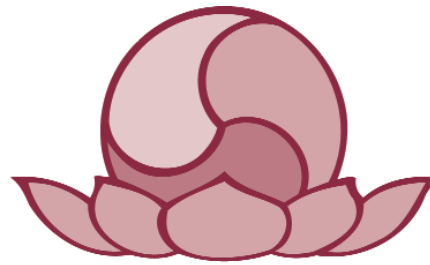
For more information regarding MeritCare SouthPointe Fitness Center, its facilities, and programs, visit www.fitness.meritcare.com or contact the desk at (701) 234-8750.

BALANCE

STRESS
MANAGEMENT

PRANAYAMA

STRENGTH



INTEGRATIVE YOGA THERAPY



MUDRA
RELAXATION
FLEXIBILITY

RELAXATION

MEDITATION

Class Descriptions:

Integrative Yoga Therapy

Integrative Yoga Therapy (IYT) is a therapeutic approach to alleviate suffering, support rehabilitation, and improve the quality of life through yoga-based programs in the medical setting. Learn about the body and the energy systems. Practice a series of poses with specific attention to alignment with an opportunity to practice the poses to meet individual needs. Learn meditative techniques including mantra, mudra, pranayama. IYT is an experience that will address the body, mind, and spirit.

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