

**HATHA YOGA**  
**with Rosemary Martilotta**

Yoga is an ancient Eastern Indian system of balancing body, mind, and emotions. The goal of yoga is to have a peaceful, clear mind in a sound, healthy body. Hatha Yoga is the aspect of Yoga that approaches this goal through the physical side of the individual. The Yoga postures (asanas) work each part of the body to stretch and tone the muscles, increase fluidity in the joints, and promote flexibility of the entire skeletal system. By releasing physical and mental tension, energy is increased, health is maintained, and a sense of well-being is created. Please bring to class a yoga mat, a belt, 2 flat blankets, an empty stomach, and a smile.

**JANUARY 25 THROUGH MARCH 22**  
**MONDAYS, 8:00 - 9:30 A.M.**

**COST:**  
**RESIDENTS:** \$45/person  
**NON-RESIDENTS:** \$55/person  
**LOCATION:** Southold Town Recreation Center

\*Class will not be held on February 15\*



**CHAIR YOGA - SEATED AND STANDING POSES ONLY**  
**with Rosemary Martilotta**



All are welcome to attend this new class. The primary aim of yoga is to restore the mind to simplicity and peace. Unlike other forms of exercise which strain muscles and bones, yoga gently rejuvenates the body. By restoring the body, yoga frees the mind from the negative feelings caused by the fast pace of modern life. The practice of yoga fills up the reservoirs of hope and optimism within you. It helps you overcome all obstacles on the path to perfect health and spiritual contentment. It is a rebirth.

**JANUARY 25 THROUGH MARCH 22**  
**MONDAYS, 9:45 - 10:45 A.M.**

**COST:**  
**RESIDENTS:** \$38/person  
**NON-RESIDENTS:** \$48/person  
**LOCATION:** Southold Town Recreation Center

\*Class will not be held on February 15\*