

Q-Life and **Fit-X San Diego** present:

Yoga Workshops



Prenatal Yoga

Tuesdays 12:30-1:30pm

Yoga for Hips

Wednesday, August 11th
12:30 - 1:30pm

Yoga for Hamstrings
NEW

Wednesday, August 25th
12:30 - 1:30pm



Gentle Yoga

Thursdays 12:30-1:30pm
*No class August 5th

All take place @ Bldg WT
With your Yoga Therapist; Jennifer Tipton
Just \$10.00 per person per class



Jennifer



- Reserve and pay for your session conveniently at www.fitxsandiego.com/qualcomm/
- Click on "Add to Cart" by the flyer link. Should the link not work, you can use our "Make Payment." button available at the top left-hand corner of our website.
- As you make payment please use the provided message area to indicate that you are enrolling for this (Yoga for Hips at QC) if it does not already automatically come up. If you have any issues with the provided message area, simply email fitx@fitxsandiego.com with the details of your purchase.
- Cancellations received after 24 hours preceding each session and no-shows will not be refunded.
- A **minimum of 3 participants** is required to conduct this class.
- Space is available on a first paid reservation, first served basis.



See Descriptions on the Back

QLife



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, and click on the Q-Life logo.
Contact your Fit-X San Diego fitness coordinator Jennifer Tipton at 858-715-8611 or Jennifer@fitxsandiego.com.

"Agents of Change"

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Yoga Workshops' Descriptions

Prenatal Yoga

From breathing techniques to poses that relieve the discomforts of pregnancy, prenatal yoga helps expectant mothers prepare physically and emotionally for the adventure of pregnancy and childbirth

Yoga for Hips

“Tight Hips?” Learn some simple and gentle yoga poses that you can perform in order to relieve tightness and discomfort in your hips. All levels are welcome.

NEW Yoga for Hamstrings

“Tight hamstrings?” Learn how to safely and effectively relax the muscles in the hamstrings. Using restorative yoga postures and gentle movement , we will help to increase mobility in the legs.

Gentle Yoga

This gentler, slower paced practice makes it more accessible to people of all sizes, ages, and fitness levels. It creates an atmosphere of safety and comfort, that fosters self-acceptance.



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