

ABOUT THE PROGRAM

This 12-week wellness program blends foot health, Tai Chi, yoga, and somatic healing to improve mobility, balance, strength, and mind-body awareness. Participants will build a strong physical foundation, reduce pain, increase stability, and cultivate relaxation through guided movement, breathwork, and restorative practices. The program supports whole-body wellbeing and is suitable for all fitness levels.



FOOT HEALTH

Learn targeted movements and stretches to improve foot mobility and alignment. Can reduce discomfort in the feet, ankles, knees, and hips while improving balance.

TAI CHI

Move through gentle, flowing sequences guided by slow, intentional breathing. This low-impact practice supports joint ease, circulation, balance, and overall relaxation.

YOGA

Experience a blend of yoga styles – from restorative poses to light flow sequences. Build strength, mobility, balance, and mind-body awareness while improving posture.

SOMATIC HEALING

Use guided breath, mindful movement, and body-awareness techniques to reconnect with your inner cues and calm the nervous system.

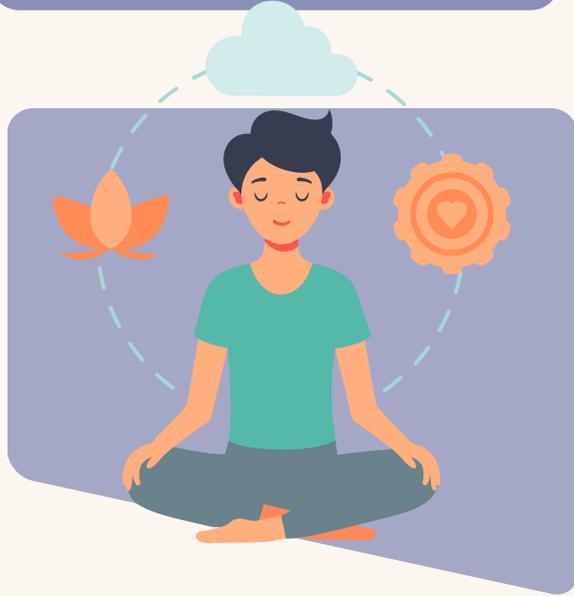
Mind-Body Renewal Program



with AJ



Pricing



Registration Dates:

December 17 - January 04

Program Dates

Mondays at 12:15-1:15p in Studio A

Capacity: 12 participants



"As you age, healthy feet become essential for being mobile, active, and safe," says Dr. Kevin Riemer, a podiatrist with Harvard-affiliated Beth Israel Deaconess Medical Center. "You need to give them the required care in order to prevent problems, reduce pain, and avoid injuries."

**Member:
\$180**

**Non- Member:
\$205**

**Member
Registration:
\$60**

**Non-Member
Registration:
\$75**

**Member
Installments (2):
\$60**

**Non-Member
Installments (2):
\$65**

Name: _____ **DOB:** ____/____/____

Phone: (____) _____ **Emergency Phone:** (____) _____

Email: _____

"I undersigned hereby assume full responsibility for and risk of bodily injury. I also, agree to indemnify and hold harmless the Yakima Family YMCA from any claims, costs, damages, liabilities or expenses resulting from injury to myself. I also give permission for the Yakima Family YMCA to use any photographs or video of myself for promotional purposes"

Signature: _____ **Date:** ____/____/____