

## Level Up

### your body and your game



Yin Yoga group classes and private yoga sessions can provide a comprehensive range of benefits. Each option offers unique advantages to cater to your specific needs .

- Improve *hip and shoulder* mobility to help your swing
- Increase *flexibility* for better reach and range of motion
- Enhance *joint stability* and *injury prevention*
- Strengthen and stabilize the *core* for improved movement and control
- Achieve better *balance and agility* to aid in quick footwork on the court
- *Recover* faster to maintain peak performance
- Practice *mindfulness techniques* to improve *focus, patience, and resilience* on the court

To tailor your experience and achieve your specific goals, please discuss your needs and objectives with Sydney. She will guide you in selecting the best approach for you!

# Yoga

at  
Center Court

## FAQ

### **Do I need prior yoga experience?**

No! Classes are open to all levels

**What should I bring?** A yoga mat and water. We also have some mats to borrow

### **What should I wear?**

Comfortable, flexible clothing

To register for a group class, register online, contact the front desk at 440-838-5600

-or-

Scan here



To schedule a private or semi-private session, email Sydney [sharingcalmyoga@gmail.com](mailto:sharingcalmyoga@gmail.com)

# Yoga

at

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Balance

Your Body and Mind

**Sydney Podolski**  
Yoga Alliance Registered  
Yoga Teacher 500



Sydney is an experienced yoga instructor with over a decade of personal practice and 5+ years of teaching experience in various styles. She believes in yoga's ability to cultivate balance—physically and mentally.

An avid outdoor enthusiast and lifelong recreational athlete, she understands the importance of movement, recovery, and longevity. Her teaching integrates mindful movement, breathwork, and relaxation techniques to help students move with ease, prevent injuries, and recover more effectively—on the mat, on the court, and in daily life.

Sydney is certified in CPR, AED, and First Aid.

sharingcalmyoga@gmail.com

# YIN YOGA

at Center Court Tennis Club

A perfect complement to an active lifestyle, this slow-paced, meditative practice targets deep connective tissues to reduce stiffness, prevent injuries, and improve flexibility.

Each session will target different muscle groups while still providing a full-body experience.

## What is YIN YOGA?

- Slow, passive stretching
- Guidance during stillness to cultivate patience, breath awareness, mindfulness, and mental focus

## Benefits of YIN YOGA:

- Enhances flexibility
- Boosts circulation in muscles and joints
- Calms the nervous system
- Supports injury prevention and recovery
- Increases overall mobility

## GROUP and PRIVATE Classes

### Group Sessions

~ YIN YOGA ~

Tuesdays & Thursdays | 8-9 a.m.

\$20 per person/per class

No drop-ins

Pre-registration required

Register online or with the

front desk at 440-838-5600

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## Private & Semi-Private Sessions

Private sessions can consist of a *variety of Yoga styles, including Power, Vinyasa, Hatha, Slow Flow, Chair, Gentle and Restorative*, depending on your personal goals.

These sessions are available by request. Please contact Sydney to schedule your private or semi-private sessions.

email [sharingcalmyoga@gmail.com](mailto:sharingcalmyoga@gmail.com) to schedule a FREE CONSULTATION