



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RELAXATION STUDIO SCHEDULE

## JANUARY-MARCH 2012

### (EFFECTIVE JANUARY 2)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Flow Yoga</b> 9:15-10:30 am w/Susan Level II	<b>Vinyasa Yoga</b> 9:15-10:15 am w/Katy Various levels	<b>Flow Yoga</b> 9:15 am-10:30 am w/ Susan Level II	<b>Vinyasa Yoga</b> 9:15-10:15 am w/Katy Various levels	<b>Flow Yoga</b> 9:15-10:30 am w/ Pamela Level II	<b>Flow Yoga</b> 8:30-9:45 am Level I-II w/ Marsha
<b>Yoga / Pilates</b> 10:35-11:35 am w/Susan Level I-II	<b>Core Time</b> 10:35-11:05 am w/ Jenny All levels	<b>Yoga / Pilates</b> 10:35 - 11:35 am w/Susan Level I	<b>Core Time</b> 10:30-11:00 am w/ Rebecca All levels	<b>Stressless Stretch</b> 10:35-11:35 am w/Pamela Gentle	
	<b>Open Practice Tai Chi</b> 12:00-1:00 pm		<b>Intro to Tai Chi</b> 11:15am - 12:15 pm w/Barbara All levels		
			<b>On-going Tai Chi</b> 12:15-1:45 pm w/Barbara All levels		
<b>Flow Yoga</b> 6:30-7:30 pm W/Katy Level I-II	<b>Pilates</b> 5:15-6:15 pm w/Keb All levels	<b>Flow Yoga</b> 6:30-7:30 pm W/Marsha All levels	<b>Pilates</b> 5:15-6:15 pm w/Keb All levels	<b>Open Practice Tai Chi</b> 4:30 - 5:30 pm	
					Rev. 12/7/11 ND

#### LEVEL DESCRIPTIONS

- **GENTLE:** A slow-paced class with simple, relaxing stretches done sitting or lying on the floor. Suitable for all students.
- **LEVEL I:** On-going classes for beginners. Emphasis on the postures which are foundational for continued growth in Yoga.
- **LEVEL I/II:** This level is appropriate for both new students and those who are comfortable in Level I. This class will challenge on-going students while strongly supporting newer students.
- **LEVEL II:** Basic postures are refined and intermediate postures are introduced. More challenging standing and balancing poses will be held for increasing amounts of time. Some prior yoga experience helpful but not required.



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# CLASS DESCRIPTIONS

## FLOW YOGA/VINYASA YOGA

Yoga focuses on building the strength, stamina and flexibility of both your body and mind through a system of postures and conscious breathing. **Level I** is a thorough introduction for students new to Yoga, with a focus on basic postures and incorporating the breath into movement. **Level I/II** is appropriate for new students who are comfortable with moving both on the floor and in standing poses, while still enabling more experienced students a challenge. **Level II-III** refines basic asanas and adds more difficult standing and balancing poses. While some prior yoga experience is helpful, it is not necessary and students are encouraged to work at their own pace.

## TAI CHI

Tai Chi is for people of all ages and you do not have to be strong or agile to practice. The Thurs morning "Introduction to Tai Chi" class is on a **2-month revolving cycle** allowing new students to begin the first week of January / March / May / July / September / November and continue for 8 weeks. The Tue/Thu afternoon "Ongoing Tai Chi" class is on a **4-month rotation** with rotations beginning January / May / September, encouraging more experienced students to deepen their understanding of the practice. Tai Chi balances the mind and body, creating calm energy and encouraging a healthy lifestyle. Tai Chi reduces stress, improves circulation and balance, and increases strength and flexibility.

## AM YOGA/PILATES

Stretched and Centered, including Yoga and the Pilates method of exercise, combines core-strength muscle conditioning with deep stretches & focused breathing. Bodies in Balance uses large fitness balls to assist in full-body stretching & strengthening exercises. These fun mind/body classes emphasize quality of movement & body awareness & will leave you feeling refreshed & energized.

## CORE TIME

This class is designed to increase abdominal strength and condition your back using different body positions, tempos, and equipment to effectively work the abs and strengthen the back.

## PILATES

Pilates develops flexibility with emphasis on working from the "core" of the body (abdominal and back muscles). All exercises can be done at any level, beginning to advanced. It is a perfect accent to any cardio or strength workout.

## STRESSLESS STRETCH

Relax in the middle of your week or end your hectic week with these gentle classes of simple stretching movements along with breathing exercises to promote deep relaxation, stress release and flexibility. These classes are great for students who may be very stiff, have limited range of motion, MS, arthritis, or simply require a slower paced class.