

Winter 2024 Special Focus Classes

Our Special Focus classes will be taught in the hybrid system, in-studio and over Zoom. The classes will be recorded and students will have access to a recording for a month.

All our Special Focus instructors are eligible Continuing Education providers through Yoga Alliance. Let us know if you would like a CE certificate for the 2 hours.

Prior Registration & Payment Is Required.

SERIES OF THE MONTH: MOVING TOWARD PRANAYAMA – extended thru January

Thursdays in January	9:30 am – 10:30 am	Level 2 & up	Beth	\$75
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In-Studio Only. The Sanskrit word Pranayama comes from Prana (life energy) and Ayama (to extend, draw out). The practice of Pranayama dates back to ancient India and the origins of yoga.

All forms of yoga and meditation use breath awareness to help quiet the mind and bring your attention into the present. To prepare for pranayama we will explore what poses help open the body and mind to the breathing practice. We will also look at setting up props to create an easy posture for the breathing practice.

Props: mat, blankets, bolster and chair

SPECIAL FOCUS: GET A GRIP: Self Care for Hands & Wrists – New Date!

Saturday, February 24	12:00 pm – 2:00 pm	All Levels	Laura	\$50
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In this self-care class for hands and wrists we will work on grip strength, injury recovery and prevention, good arm posture, utilization of shoulder and back muscles, and appropriate use of your elbows. We will include self-massage to address grip weakness from arthritis and overuse injuries, and to improve grip strength for athletic performance in activities like climbing. We'll also discuss nutritional and liniment recommendations.

This class is not a therapeutic practice and is not intended for students with acute injuries or significant mobility challenges.

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SPECIAL FOCUS: FEET AS FOUNDATION: Balancing Strength & Flexibility

Saturday, January 27	12:00 am – 3:00 pm	Levels 3 & up	Beth	\$75
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This workshop will focus on the importance of maintaining healthy structure and function in the feet. Our practice will explore the bodies unique symmetries and asymmetries, starting with the feet as the foundation. The class sequence will include standing poses that are beneficial for maintaining strength and flexibility in the body.

SERIES OF THE MONTH: IYENGAR BEGINNING SERIES

Fridays, Jan. 12 – Feb. 2	12:00 pm – 1:00 pm	All Levels	Karen	\$75
Fridays, Feb. 16 – Mar. 8	12:00 pm – 1:00 pm	All Levels	Karen	\$75

In-Studio Only. This introduction to Iyengar Yoga with Karen Hearn is a progressive 4-week class that lays the foundation of Iyengar Yoga. We will follow sequencing from the Preliminary Course taught at the Ramamani Iyengar Memorial Institute in Pune, India.

The focus will be on standing poses, basic alignment, and breath awareness in asana. Props and modifications will be made available as needed.

Join us and challenge yourself to experience the poses in a new and thought provoking way!

SERIES OF THE MONTH: EXPLORING BALANCE

Saturdays in February	12:00 pm – 1:00 pm	All Levels	Hope	\$75
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In this 4-week series, we'll build a clear understanding of balance through practice. We'll progress through core strength and balance during movement to holding progressively more challenging poses. Open to all levels.

SATURDAY PRACTICE WITH JULIE

Saturday, March 2	12:00 pm – 2:00 pm	Level 3-4 & up	Julie	\$50
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Julie is again offering a 2-hour intermediate class on Saturday afternoon, to help you get your weekend off to a good start! Pose options will be offered for mixed-level experienced students, Paxson levels 3-4 through 4-5, so that everyone will be challenged in a safe and supportive environment.

Props: mat, strap, 2 blocks and chair