

Winter to Spring 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 March

Thursdays in March	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

SERIES OF THE MONTH: IYENGAR BEGINNING SERIES – Extended through March

Fridays, Mar. 15 – Apr. 5	10:15 pm – 11:15 am	All Levels	Karen	\$75
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In-Studio Only. Suitable for beginners and those with little or no experience in the Iyengar method. Foundational poses are clearly and carefully introduced to develop strength, flexibility, and body awareness in the students. Props and modifications will be given as needed.

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

SERIES OF THE MONTH: EXPLORING BALANCE – Extended through March

Saturdays in March	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.

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SPECIAL FOCUS: 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

SPECIAL FOCUS: BALANCING STRENGTH & FLEXIBILITY

Saturday, April 13	12:00 pm – 2:00 pm	All Levels	Denise	\$50
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Following a hip replacement in January, Denise will teach a special focus class on hips. Yoga practitioners frequently work on opening the hips, when building strength is more often what is needed. We will explore yoga asanas and other movements to build strength and range of motion that will bring stability.

Props: mat, strap, 2 blocks and chair