

<u>Class Name</u>	<u>Teacher</u>	<u>Time</u>	<u>Day of the Week</u>	<u>Length</u>	<u>Fee</u>
Tai Chi	Marya Barrios	5:00pm	Mon	60min	\$17
Vinyasa Yoga	Greg Feldman	6:15pm	Tue	60min	\$17
Hatha Yoga	Robyn Bragg	6:30 pm	Wed	60min	\$17
Mind Path Tai Chi and Chi Gung - Foundation	Don Gubbins	8:45am	Sat	60min	\$17
Self-Care Sunday Yoga	Aniela Iannarino	10:00am	Sun	60min	\$17

### **Class Descriptions:**

#### Tai Chi

If you're looking for a way to reduce stress, consider the graceful form of exercise, tai chi. It's used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Who can do tai chi? Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise.

**\*\*Beginner\*\***

#### Hatha Yoga

Hatha is an old system of yoga that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

In this class the practice will be slow and gentle. Ideal for students who prefer a more relaxed style where poses are held longer.

**\*\*Beginner/Intermediate\*\***

#### Vinyasa Yoga

The word "vinyasa" can be translated as "arranging something in a special way," like yoga poses for example. In a vinyasa yoga class students coordinate movement with breath to flow from one pose to the next.

In this class the practice will be slow and gentle. Ideal for students who prefer a more relaxed style where poses are held longer.

**\*\*Beginner/Intermediate\*\***

#### Self-Care Yoga

By systematically undoing accumulated stress and tension, this class is designed to be holistically therapeutic for the entire mind/body system. Done mostly on the floor, it features gentle movements and stretching to increase mobility and elasticity in the joints and muscles. Paired with deep breathing exercises, guided body awareness, and passive postures supported by props, expect to ease into complete relaxation and leave feeling balanced and restored.

Suitable for beginners.

#### Mind Path Tai Chi and Chi Gung - Foundation

This class is a more complete study of the classic Yang-Style Taiji, and will incorporate a combination of: 1.) Healthy Yang Style Taiji, as apposed to fighting Taiji. 2.) Qigong (aka Chinese Yoga) for wellness, and 3.) Chinese Neigong self-massage--a vital but often overlooked aspect of a complete Qigong practice to stimulate your chi flow and enhance your ability to sense chi during your taiji practice.

Led by a certified instructor from The Dr. Wu's Chinese K'ung Fu /T'ai Chi Chuan Institute of Columbus, OH.

Come learn this ancient Chinese art which incorporates slow, natural movements and breath work to reduce stress, help lower blood pressure, improve balance and more.

**\*\*Suitable for all levels of fitness.\*\***

NOTE: You can join this class at any time. The instructor will be able to easily incorporate you into the class curriculum.

Saturdays 8:45 AM-9:45AM (60 minutes)