

<u>Class Name</u>	<u>Teacher</u>	<u>Time</u>	<u>Day of the Week</u>	<u>Length</u>	<u>Fee</u>
Tai Chi with Marya	Marya Barrios	5:00pm	Mon	60min	\$10
Vinyasa with Dana	Dana Berstien	6:15pm	Mon	60min	\$10
Vinyasa with Greg	Greg Feldman	6:15pm	Tue	60min	\$10
Hatha Yoga with Robyn	Robyn Bragg	6:30 pm	Wed	60min	\$10
Mat Pilates	Sonia Rinder	5:45pm	Fri	60min	\$10
Mind Path Tai Chi and Chi Gung - Foundation	Don Gubbins	8:45am	Sat	60min	\$10
Hatha Yoga with Emily	Federica Rinaldi	10:00am	Sat	60min	\$10
Trance Dance with Rita	Rita Carnevale	4:30pm	2 nd Sat	90min	\$15
Hatha Yoga with Emily	Federica Rinaldi	10:00am	Sun	60min	\$10

Class Descriptions:

Tai Chi with Marya

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****

Trance Dance with Rita

Trance Dance is a unique blend of body movement, healing sounds, dynamic percussive rhythms, transformational breathing techniques and the innovative use of a blindfold or banana - together stimulating a 'trance' state that promotes spiritual awakenings, mental clarity, physical stamina and emotional well-being.

Driven by unique musical soundtracks recorded specifically for this method of healing, Trance Dance takes participants on an 'inner journey' not limited to our normal perceptions of space/time. Ritual trance journeys have been a vital part of shamanic and eastern dance cultures for thousands of years. Our contemporary approach to Trance Dance brings together the richness of these ancient rituals with some startlingly effective modern techniques.

Trance Dance's primary focus is on healing and spiritual evolution. By dancing within the seclusion of darkness participants discover parallel realities where solutions to seemingly unsolvable problems are possible. Through Trance Dance we disappear, becoming more like spirit, and simultaneously less attached to life's ordinary difficulties, making it possible at these moments to let these problems go.

What to wear: clothes you can dance in! What to bring: your favorite scarf.

****All levels****

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****

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)

Pilates on the Mat

The most basic and essential of the Pilates method. Mat exercises use gravity and body weight as resistance, and can be performed just about anywhere. Contrary to what many people think, mat classes are not easier than equipment classes for beginners.

Pilates is a non-impact, balanced system that works as well for the elite athlete as it does for the injured, or the uninitiated. It can produce results regardless of age or fitness level. Pilates is more than just a hot fitness trend -- it's a tried and true method of exercise that delivers results for a lifetime of health and wellness!

The creator of this form of exercise, Joseph Pilates' mantra was "In ten sessions you'll feel the difference, in 20 you'll see the difference, and in 30 sessions you'll have a new body".

****All levels**** (emphasis on building the core no matter what your current physical condition is).

Fridays 5:45 PM (60 minutes)