



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING SPECIALTY WORKSHOPS

January Workshops
SOUTHINGTON COMMUNITY YMCA



Join us as we host a variety of specialty workshops including:

- **Yoga Mudras**
- **Interfaith Gathering: Beginning Again**
- **Cycling & Yin Yoga**
- **Taking Flight Yoga Practice**
- **Introduction to Ayurveda Workshop**
- **Kundalini Yoga**
- **Very Gentle Yin & Restorative Yoga with Bolsters & Live Music**

Classes will require registration and a fee. Members & Non-Members are welcome! To register, visit the Membership Services Desk or call 860.628.5597. See reverse side of this flyer for registration deadlines.

Questions or Comments?

**Contact Jolene Miceli for details!
jmiceli@sccymca.org or 860.426.9589**





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Introduction to Ayurveda Workshop

Join us as we explore what Ayurveda is and how we can apply these principles for our health & wellness. Workshop will include-

- Brief Gentle Yoga for all ability levels
- Introduction to Ayurveda (Sister science of yoga)
- Lifestyle suggestions and practical application of Ayurveda.
- Closing meditation

Studio 130 Sunday 1/8 8am-12pm

Participants should bring water. Ages 16 and up. Full & Family members \$50, Non-Members \$100. Please see flyer for more details.

Taking Flight Yoga Practice

An intermediate class that will safely instruct participants in the proper staging journey to handstand. As always, class will include a theme, centering, breathwork, warm-ups to ensure readiness for a safe upside down experience, cool down and relaxation. Feel the fear and do it anyway!

Studio 29 Saturday 1/14 10:15-11:30am

Participants should bring water. Ages 16 and up.

Full & Family members \$5, Non-Members \$20.

Kundalini Yoga

This practice will include an instructor as well as live music. Traced back to its roots, the intention of all yoga is to guide its students to their highest, healthiest and holiest lives. Kundalini Yoga is no different and is actually a more potent way of achieving these goals. The practices, although not gentle or aimed at beginners, can be modified (from a chair) and will include breathing practices, timed movement called kriya, mudra (certain hand gestures), mantra and meditation. Crystal is a certified Kundalini Yoga teacher.

Studio 130 Sunday 1/15 3:30-5pm

Participants should bring water. Ages 16 and up.

Full & Family members \$10, Non-Members \$30

Yoga Mudras

Join us for a gentle yoga class that will highlight several mudras, symbolic hand gestures to enhance your practice. We will cover mudras you may know and some that may be brand new! Learn why and how you can incorporate mudras into your practice.

Studio 130 Saturday 1/21 10:15-11:15am

Participants should bring water. Ages 16 and up.

Full & Family members \$5, Non-Members \$20.

Cycling & Yin Yoga Workshop

Join us for an exciting fusion class that will include opening (warming) and closing (cool down, stretching) yogic components and a hearty 30-minute cycling practice at this class's center. All levels of yoga and cycling experience are welcome!

Studio 29 Sunday 1/22 10:30-12pm

Participants should bring water. Ages 16 and up.

Full & Family members \$10, Non-Members \$30.

Interfaith Gatherings: Beginning Again

Join us for this opportunity to gather and connect with the theme of Beginning Again. This will include live music, readings from various faith traditions/ philosophies, discussion and simple meditation. All faith traditions (or no faith tradition) are welcome here.

Studio 130 Sunday 1/22 4-5pm

Participants should bring water. Ages 16 and up.

Full & Family members FREE, Non-Members \$20

Very Gentle Yin & Restorative Yoga with Bolsters & Live Music

Join Shelley and Steve for a grounding and relaxing yoga practice, including VERY gentle yoga with yin and restorative postures, all done on the floor. Includes a soothing range of live guitar music and vocals, with emphasis on some of your favorite "Woodstock era" music. **Bolsters required.**

Studio 130 Sunday 1/29 3:30-4:45pm

Participants need a bolster, mat and water. Ages 16 and up. Bolsters will be included in class cost if desired.

Full & Family members cost with bolster \$50, Non-Members \$70. Full & Family members cost without bolster \$5, Non-Members \$20 *Registration for bolsters ends January 14th.

