



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# UPCOMING SPECIALTY WORKSHOPS



## March Workshops SOUTHINGTON COMMUNITY YMCA

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

- Intro to Buddhism
- Kundalini Yoga
- Full Moon Yoga
- Spring Cleaning Yoga Workshop
- Yoga and the Pelvic Floor
- Cycling & Yoga Workshop
- Interfaith Gathering: A Season For Everything
- Holistic Well-Being Goal Setting Session
- Virtual Yoga Nidra
- 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](mailto:jmiceli@sccymca.org) or



## Intro to Buddhism

This introduction to Buddhism will include discussion and seated guided and silent meditation. We will explore a brief history of Buddhism, the 4 Noble Truths and several core themes of this philosophy. Each session will expand on content. You are welcome to come to one or both sessions. Buddhist philosophy can be compatible with any faith tradition (or no faith tradition). All are welcome.

**Studio 130 Sunday 3/5 & 3/19 9-10:30am**

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 3/5 3:30-4:45pm**

Participants should bring water. Ages 16 and up.

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

## Full Moon Yoga

Join us to celebrate the Worm Full Moon, marking the arrival of Spring and the departure of Winter. After taking part in a gentle practice focused on letting go, inviting newness in and cultivating abundance, you will be guided in a short but meaningful meditation. Leave with a sense of renewal, hope for what is yet to come and fullness in your heart.

**Studio 130 Tues 3/7 6-6:45pm**

Participants should bring water. Ages 16 and up. Full & Family members \$5, Non-Members \$20

## "Spring Cleaning" Yoga Workshop

A different type of "Spring Cleaning" than you may be accustomed to. Spend time exploring the 7 chakras and cleansing your energetic body through a mindful exercise that enlivens each storehouse within, followed by a Gentle Flow that will leave you feeling invigorated, light and free of that which is holding you back.

**Studio 130 Thurs 3/16 7:15-8:30pm**

Participants should bring water. Ages 16 and up.

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

## Yoga and the Pelvic Floor

This (women only) workshop will begin with a mini-lecture that includes the anatomy/function of pelvic floor musculature and will discuss its inter-relatedness with proper breathing and core stability. Be prepared for an all-levels yoga practice that will focus on awareness, contraction and relaxation of the pelvic floor musculature. Please bring a yoga mat, water bottle and open mind

**Studio 130 Saturday 3/18 10:15-11:30am**

Participants should bring water. Ages 16 and up.

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

## Cycling & Yoga Workshop

Join us for an exciting fusion class that will include opening (warming) and closing (cool down, stretching) yogic components and a hearty 40-45-minute cycling practice at this class's center. All levels of yoga and cycling experience are welcome!

**Studio 29 Sunday 3/19 9-10:30am** Participants should bring water. Ages 16 and up.

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

## Interfaith Gathering: A Season for Everything

Join Shelley & Crystal for this beautiful opportunity to gather and connect with the theme of: There is a season for everything. 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 3/19 4-5pm** Participants should bring water. Ages 16 and up.

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

## Holistic Well-Being Goal Setting Session

A group wellness coaching session where we examine our layers of well-being and decide on the next right steps or goals.

Like what you're doing? Great! What's your next right step? Don't like what you're doing? Let's change it!

We will explore our layers of wellness- Physical, Energetic, Social, Mental, Purpose, and Emotional. Bring a journal/notebook, at least two different colored pens, and an introspective state of mind! Open to all. Class may extend past 1 hour based on discussions.

**Studio 130 Wednesday 3/22 11am-12pm or 7-8pm**

Participants should bring water. Ages 16 and up.

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

## Virtual Yoga Nidra

A comfortable, relaxing & grounding pranayama (breathing) and Yoga Nidra (guided meditation) experience. This is a perfect relaxing, self-care evening, done lying down or in any comfortable position. The class will gently fade off after resting, so you can go right to sleep if you choose. Ages 11 and up.

**Virtually Thursday 3/23 7:30-8:30pm \*A Zoom link will be emailed to participants prior to the start of class.**

Full & Family members \$5, Non-Members \$10 \*Please note- only 1 registration per household needed. Families do not need to register each individual.

## 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 3/26 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 March 12th. Full & Family members \$5, Non-Members \$20