



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# UPCOMING SPECIALTY WORKSHOPS

## APRIL WORKSHOPS SOUTHINGTON COMMUNITY YMCA

**JOIN US AS WE HOST A VARIETY OF SPECIALTY WORKSHOPS INCLUDING:**

- Restore to Renew & Welcome the Spring Season
- Topics in Buddhism
- Full Pink Moon Yoga
- Crystal Singing Bowl Sound Healing Meditation
- Kirtan Workshop
- Holistic Well-Being Goal Setting Session
- Interfaith Gathering: Miracles All Around
- Virtual Yoga Nidra
- Bhagavad Gita Discussion Group
- Yoga Sadhana

**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**



## Restore to Renew & Welcome the Spring Season

To honor and respond to the natural changes in our environment as the Spring season arrives, find physical relaxation in the body, calm the mind, and practice resting in the present moment. In this practice, you will be guided through a deeply renewing, restorative yoga practice combining gentle Restorative yoga postures held for extended periods of time **Bolsters required. Blankets & towel also recommended.** **Studio 130 Saturday 4/1 12:30-1:45pm**

Participants need a bolster, mat and water. Ages 16 and up. Bolsters will be included in class cost if desired.  
Full & Family members \$5, Non-Members \$20

## Topics In Buddhism

Join Shelley for a brief seated meditation, reading and discussion, based on the core themes of Buddhist philosophy. Together, we will explore topics such as the mind, suffering & relief of suffering, impermanence, compassion & kindness. This philosophy can be compatible with any faith tradition (or no faith tradition). All are welcome. **Studio 130 Sunday 4/2 9-10:30am**

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

## Full Pink Moon Yoga

This month we celebrate the Pink Moon, the first full moon of Spring. It is said that our bodies store and hold many emotions and feelings, particularly our hips. So as we enter a season of letting go to make room for renewal, growth and joy, join us for a gentle practice focusing on hip openers followed by a short yet moving meditation. Leave feeling hopeful, abundant and with the light of the full moon radiating throughout body, mind and spirit. **Blankets helpful. Bolsters optional.**

**Studio 130 Thursday 4/6 7:15-8:15pm** Participants should bring water. Ages 16 and up. Full & Family members \$5, Non-Members \$20

## Crystal Singing Bowl Sound Healing Meditation

Kathy will lead you through a sound bath and guide you into a deep meditative state. The vibrational energy from the bowls will fill the room and penetrate your body to ease stress, anxiety and promote an overall sense of well being. Please bring any props (blanket, bolster, etc.) that will enable you to sit or lie down comfortably throughout the sound bath. If you have neurological disorders, please consult with your doctor prior to registering.

**Studio 130 Friday 4/14 5:30-6:30pm**

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

## Kirtan Workshop

Kirtan is basically setting Mantra chanting to music – the effects and benefits are many. Based on ancient chants, it has the ability to quiet the mind if listened to or practiced with intention. Everyone experiences kirtan differently, and it doesn't have to be a religious experience. You can think of it as a sing-along. Kirtan is non-denominational, the Universal language of Spirit, the song of the Soul. Lisa has been performing Kirtan for over 5 years accompanying the vocals with her guitar as well as an eastern instrument called a Harmonium. **Studio 130 Sunday 4/16 3:30-4:30pm**

Participants should bring water. Ages 16 and up. Full & Family members \$5, 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 4/19 11am-12pm or 7-8pm**

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

## Interfaith Gathering: Miracles All Around

Join Shelley for this beautiful opportunity to gather and connect with this theme of: Miracles all Around. 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.

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**Studio 130 Sunday 4/23 4-5pm** Participants should bring water. Ages 16 and up. Full & Family members FREE, 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 4/27 7:30-8:30pm** \*A Zoom link will be emailed to participants prior to the start of class.

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

## Bhagavad Gita Discussion Group

This discussion will include centering, breath work and an introduction to this most revered spiritual text of Hinduism, one of the world's oldest religions. We will explore common themes within the text and strategize ways to practically apply the wisdom of 'the Gita' into everyday life. The session will close with a few minutes of silent meditation. All are welcome from any (or no) faith background. **Studio 130 Sunday 4/30 8-9:30am**

Participants should bring water. Ages 16 and up. Full & Family members \$10, Non-Members \$30

## Yoga Sadhana

Formerly called Kundalini Yoga, the energizing practice of Yoga Sadhana is intended (like all forms of yoga) to help its students achieve physical, emotional and spiritual health. Although not gentle or aimed at beginners, Yoga Sadhana can be modified (from a chair) and will include breathing practices, timed movement called kriya, mudra (certain hand gestures), mantra and meditation. This class is led by an instructor and supported by live music.

**Studio 130 Sunday 4/30 10-11:15am**

Participants should bring water. Ages 16 and up. Full & Family members \$10, Non-Members \$30