



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING SPECIALTY WORKSHOPS

NOVEMBER WORKSHOPS SOUTHINGTON COMMUNITY YMCA

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

- Living Yoga Series
- Yoga Sadhana
- Navigating the Holidays
- Very Gentle Yin & Restorative Yoga with Bolsters & Live Music
- Virtual Yoga Nidra
- Energetic Anatomy
- Yoga and the Pelvic Floor
- Interfaith Gathering: The Gift of Presence
- Kirtan

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.

No refunds available for missed classes.
Questions or Comments?

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



Living Yoga Workshop Series

A recurring workshop series that focuses on the eight limbs of yoga using tools such as, asana, breath work, mudras, mantras, and more! Different themes will be used each session. See flyer for details. Ages 16 and up.

Studio 130 Wednesdays starting 11/1 10:15-11:15am

Full & Family members \$40, Non-Members \$85 Participants should bring water.

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 29 Sunday 11/5 10-11:15am Participants should bring water. Ages 16 and up. Full & Family members \$10, Non-Members \$30

Navigating the Holidays

Do you dread the upcoming holiday season? Do you often feel overwhelmed and stressed due to holiday pressure? Do you feel like you are not enough or do not have enough during these 2 months of the year? This workshop will explore how our expectations and past experiences get in the way of enjoying the season. We will explore another way of looking at our thoughts around the stories we tell ourselves and discuss how curiosity can change everything- What if there is an easier way to have a Happy Holiday?

VIRTUAL Sunday 11/12 11-12pm *Registration ends 11/10. *A Zoom link will be emailed to participants prior to the start of class. Full & Family members \$5, 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 prolonged 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. **A large bolster is required for this class but not included in cost.**

Studio 130 Sunday 11/12 3:30-4:45pm

Participants need a bolster, mat and 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 with gently fade off after resting, so you can go right to sleep if you choose. Ages 11 and up.

Virtually Thursday 11/16 8-9pm *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.

Energetic Anatomy

An introduction to the eastern model of energetic anatomy. Through the lens of yoga understanding, what is happening physically is being primarily influenced by the energetic system. Together we will discuss foundational principles of this system, what 'prana' is and how yogic practices manage this life-giving force.

Studio 130 Sunday 11/19 8-10am

Participants should bring water. Ages 16 and up.

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

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 Sunday 11/19 10:30-12pm

Participants should bring water. Ages 16 and up.

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

Interfaith Gathering: The Gift of Presence

Join us for a beautiful opportunity to gather, remember and celebrate those dear to us. This will include music, readings from various faith traditions / philosophies and discussion to honor those that have gone before us. Please bring a photo or 2, or an object to place on our offrenda (altar). All faith traditions (or no faith tradition) are welcome here.

Studio 130 Sunday 11/19 4-5pm Participants should bring water. Ages 16 and up.

Full & Family members FREE, 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. Ages 16 and up.

Studio 130 Sunday 11/26 3-4pm

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