



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING SPECIALTY WORKSHOPS

FEBRUARY WORKSHOPS SOUTHINGTON COMMUNITY YMCA

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

- **Unlocking Connection: Transforming Your Relationships through Deep Listening**
- **Crystal Singing Bowl Sound Healing Meditation**
- **Align & Flow Yoga**
- **Sweat & Surrender Yoga**

No refunds available for missed classes.

Questions or Comments?

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



SCCYMCA.org

Wellness Workshops

Unlocking Connection: Transforming Your Relationships through Deep Listening

Join us for a meaningful workshop on Deep Listening, designed to help you connect more deeply with your loved ones—whether it's your spouse, children, family, or friends. Discover how to deeply listen and understand, creating stronger bonds and more fulfilling conversations. By learning to quiet your own thoughts, you'll open your heart and improve your relationships, feeling more at ease with those you care about. Objectives:

- Connect more authentically by listening beyond words.
- Create safe spaces for open and meaningful conversations.
- Quiet your mind to increase clarity and presence in your interactions.
- Understand and overcome the thoughts that may hinder your relationships.

Fee is for all four sessions and may not be divided. Attendance is not required at all four sessions however the material will be built on each week.

Studio 29 – Tuesdays 2/4, 2/11, 2/18, 2/25 | 12-1:15PM

Full & Family Members: \$40 Non-Members: \$100

Crystal Singing Bowl Sound Healing Meditation

You will be lead through a sound bath and guided into a deep meditative state. The vibrational energy from the bowls will fill the space 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. Ages 18 and up. Participants should bring water.

Studio 130 – Wednesday February 5th | 10:15-11AM

Full & Family Members: \$5 Non-Members: \$20

Align & Flow Yoga

Do you want to feel yoga poses in a whole new way? Would you like an opportunity to slow down your practice and deepen your understanding of poses in a way that encourages optimal and safe alignment?

Our first 45 minutes will be focused on the alignment of some of yoga's foundational poses through demonstration, discussion and movement. When poses are practiced with awareness and knowledge of healthy alignment for YOUR body, you will find greater comfort and ease and minimize risks of injury. This will be followed by a 45-minute yoga flow practice suitable for all levels.

Note: Portions of this practice may not be appropriate for those with osteoporosis without modification.

Studio 130 – Saturday February 8th | 10:30-12PM

Full & Family Members: \$10 Non-Members: \$30

Sweat & Surrender Yoga

A unique heated yoga workshop that begins with a warm mindful flow (vinyasa) practice incorporating breath awareness and postures to invigorate you while preparing the body for deep relaxation. We will then go deeper as we move into a blend of yin and restorative poses designed to melt away layers of stress and release tension from the body. Yin Yoga involves longer passive holds targeting connective tissue resulting in enhanced joint flexibility and range of motion. Restorative Yoga involves passive, supported poses to awaken internal healing and relaxation. You will leave refreshed and restored and ready for the week ahead. This is a well-rounded practice appropriate for all levels.

Note: The vinyasa portion of class may not be appropriate for those with osteoporosis without modification.

Studio 130 – Wednesday February 26th | 4:30-5:30PM

Full & Family Members: \$5 Non-Members: \$20

