



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:

- Heated Yoga Sculpt
- Kirtan
- Sound Bath Meditation

Classes will require registration and a fee. Members & Non-Members are welcome!

To register, visit the Membership Services Desk or call 860.628.5597.

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

Heated Yoga Sculpt

A blend of body weight, light weights and all levels/power yoga! The room will be gently heated (75°F–80°F). Class includes some light cardio with modifications. Build strength, tone and stretch in this upbeat combination fitness and yoga class. Participants should bring water. Ages 16 and up.

Studio 130 – Friday, April 4th | 6–7:30PM

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

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. Participants should bring water. Ages 16 and up.

Studio 130 – Sunday April 6th | 12:30–2PM

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

Sound Bath Meditation

Various musical instruments will be used to guide you into a deep meditative state. The vibrational energy will fill the room and penetrate your body to relieve stress, anxiety and promote an overall sense of well-being.

If you have neurological issues, please consult with your doctor prior to registering. Ages 18 and up. Participants should bring water.

Studio 130 – Wednesday April 9th | 10:15–11AM

Full & Family Members: \$5 Non-Members: \$15

