



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# UPCOMING SPECIALTY WORKSHOPS

## MAY WORKSHOPS SOUTHINGTON COMMUNITY YMCA

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

- Yoga Walk
- Sound Bath Meditation
- From Chaos to Calm

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](mailto:jmiceli@sccymca.org) or 860.426.9589



**SCCYMCA.org**

Wellness Workshops

## Yoga Walk

Join us for a walk on the Linear Trail with mindfulness, breath, and yoga movement breaks. Weather permitting. Call Spirit, Mind, Body Center for weather cancelation info- 860-426-1904. Age 18 and up.

**Linear Trail \*\*Meets at SMB | 10-11AM**

**Thursdays 5/1, 5/8, 5/15, 5/22, 5/29, 6/5**

**Sign ups are for individual dates, not session.**

**Full&Family Members: FREE Non-Members: \$10**

## 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 May 14th | 10:15-11AM**

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

## From Chaos to Calm

Discover the power of mindfulness in our new workshop. Learn how to stay grounded amidst life's chaos and explore techniques to release ruminating thoughts and feelings. Experience a variety of breathing, mindfulness, and movement exercises designed to help you maintain a serene and peaceful state. Embrace tranquility and enhance your well-being with us.

**Studio 130 - Tuesday May 20th | 1-2:15PM**

**Full & Family Members: \$10 Non-Members: \$25**

