

MORTON YOGA CLASSES – WINTER SPRING 2015 (Session 2)

<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>FEE</u>	<u>INSTRUCTOR</u>
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Beginning Yoga: This class is for the novice or students interested in a review of the fundamentals.

March 30-May 4	Mon	5:30-6:45 pm	\$72	Nail
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Continuing Yoga: Prior experience preferred.

March 25-April 29	Wed	10:00-11:15 am	\$72	Gass
March 30-May 4	Mon	7:15-8:30 pm	\$72	Nail
March 31-May 5	Tu	5:30-6:45 pm	\$72	Nail

All Levels: These classes are appropriate for all levels of experience.

March 3-March 31	Tu	7:15-8:30 pm	\$60	Royer
March 5-April 2	Th	5:30-6:45 pm	\$60	Royer
March 25-April 29	Wed	1:00-2:15 pm	\$72	Gass
March 25-April 29	Wed	5:30-6:45 pm	\$72	Gass
March 31-May 5	Tu	10:00-11:15 am	\$72	Nail

Restore & Renew: This class will harmonize and revitalize your whole being with guided meditation, breathe work, yin, and restorative poses.

March 26-April 30 (no class 4/2)	Th	7:15-8:30 pm	\$60	Steinhauer
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Gentle Yoga: This class uses mindfulness in stretches and postures to increase body awareness, increase range of motion, and improve overall health. Deep relaxation will be used to rejuvenate and rebalance body, mind and spirit.

March 9-April 27	Mon	11:45-1:00 pm	\$96	McConville
March 12-April 30	Thu	10:00-11:15 am	\$96	McConville

Yoga for a Better Back: Yoga asanas adapted to help cultivate more comfort, flexibility and strength in your back. Appropriate for all levels of yoga experience.

March 9-April 27	Mon	10:00-11:15 am	\$96	McConville
March 12-April 30	Th	11:45-1:00 pm	\$96	McConville

Vinyasa Flow Yoga: This class includes classic and creative salutations with mindful alignment and attention to the breath. Lots of movement, but time for stillness and sayasana.

March 24-April 28	Tu	12:00-1:15 pm	\$72	Gass
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Chair Yoga: This class uses chairs for support in opening the body from head to toe. Emphasis will be on safe alignment and breathe awareness in addition to core strengthening and improving balance. This class is great for seniors or anyone with or recovering from physical challenges.

March 13-May 1 (no class 4/3)	Fri	2:00-3:15 pm	\$84	Steinhauer
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Yoga for Renewal: End your week with a quieting sequence of gentle postures, breath work, meditation, and deep relaxation. Class emphasis will be on quieting the mind and releasing tension.

March 13-May 1 (no class 4/3) Fri 5:30-6:45 pm \$84 Steinhauer

Kripalu Yoga: “Kripalu” means compassion in Sanskrit, the ancient language of yoga. Join the new Kripalu Yoga class to practice breathing techniques, yoga postures, and meditation exercises that encourage body awareness, flexibility, strength, and compassion towards your body and mind. Kripalu Yoga will leave you feeling refreshed, rejuvenated, and empowered.

March 11-April 29 (no class 3/18) Wed 7:15-8:30 pm \$84 Yankura

WEEKLY SATURDAY YOGA – ALL LEVELS

Join our rotating cast of terrific teachers for a weekly Saturday class. Unlike our other classes, students may pick and choose which Saturdays they would like to register for. Early registration is encouraged to secure a spot in the class(es) you prefer. Register for as few or as many as you like. Day-of registrations are allowed if space permits. The enrollment fee is \$15.00 per class.

March 21 @ 10-11:15 am Royer
March 28 @ 10-11:15 am Yankura

THE JOY OF YOGA AND THE ART OF LIVING WORKSHOPS

Alie McManus - Saturday, April 18

Celebrate your love of yoga and life! The major benefit of yoga is the deepening awareness of one's Self. Find yourself becoming your own best friend by exercising loving-kindness, curiosity, patience and gentle persistence. Workshops are appropriate for all levels of yoga experience. Age 14 and older.

Chakras, Shoulders, Hips @ 9:30-11:30 am \$35.00
Balance & Inversions @ 1:00-3:30 pm \$40.00

Yoga age requirements: For instructors Nail and Gass, age 14; for instructors McConville, Steinhauer and Yankura, age 16; for instructor Royer, age 18. Instructor approval is required for students who do not meet the minimum age requirement.