



# March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<div>AVAILABLE IN OUR STUDIO</div> <div>Organic Art by Dave Vale</div> <div>Paintings by R.F. Kovacs</div>					10am Vinyasa 1	9am Vinyasa 2
			10am Yin Yoga 6pm Yoga Basics	9am Yoga Basics 6pm Vinyasa	10am Vinyasa 7 pm Creative Word Night	9am Vinyasa
3	4	5 6pm Vinyasa	6	7	8	9
10	11	9am Mindful Movement 6pm Vinyasa	10am Yin Yoga 6pm Yoga Basics	9am Yoga Basics 6pm Vinyasa	10am Vinyasa	9am Vinyasa
		12	13	14	15	16
		9am Mindful Movement 6pm Vinyasa	10am Yin Yoga 6pm Yoga Basics	9am Yoga Basics 6pm Vinyasa	10am Vinyasa 7 pm Creative Word Night	9am Vinyasa
		19	20	21	22	23
31		9am Mindful Movement 6pm Vinyasa	10am Yin Yoga 6pm Yoga Basics	9am Yoga Basics 6pm Vinyasa	10am Vinyasa	9am Vinyasa
24	25	26	27	28	29	30

## Flow Yoga

Flow Yoga, or *Vinyasa*, reflects the desire to be in the flow of life, in time with ourselves, whole in body-breath-mind. This yoga is about circulation of energy in sequences of postures. In this practice, *we become more aware of how the body moves in space*. We develop fluidity and resilience, steadiness and ease as we navigate new combinations of movement and balance poses.

## Earth Yoga

Earth Yoga is a gentle combination of postures with emphasis on becoming comfortable within the movement. It is said, when practice becomes comfortable, then yoga begins. With less vigor than Vinyasa, Earth Yoga works on the same principle of balance between effort and ease.

## Yin Yoga

The approach in Yin Yoga is to take the pose, breathe from the belly, and settle for 3 to 5 or more minutes in posture. As the name suggests, this form is influenced by Taoist philosophy in the release of Qi or subtle energy through meridians of the body. Similarly, prana, the Sanskrit word for life force or breath, is freed to flow through the complex map of the subtle body. Effectively, this surge of fresh energy promotes deep relaxation, with benefit to the nervous system by cultivating a feeling of wholeness.

## Mindful Movement

A slower more mindful approach to your yoga practice will be offered during this six-week class. (It is not necessary to attend every class in the six-week session.) Invitations to connect with the different layers of your being through reflective practices that include but are not limited to the following: yoga philosophy, journaling, meditation, movement, and breathe exploration.

I invite you to allow more space in your life to connect with yourself and slow down from our fast paced world with some time to "just be." You will want to bring a journal for reflection.

## Qi Gong

Qi Gong is a movement practice that brings body, breathing, and mind together. It is all about the cultivation of the natural energy that is already within and around us. It is a mix of flowing movements and allows space for you to be more in the moment. We will start slow and introduce different movements throughout the 6 weeks. Let's open up the channels to allow this healing energy to flow freely within us.

The practice is friendly to all (we will be standing for most of the practice) and requires no special equipment, but I do recommend:

- Loose or stretchy clothing that allows for freedom of movement
- Bottle of Water
- A smile on your face

## Yoga - The Basics

This class explores the fundamentals of practice for beginners or anyone looking to refresh their yoga practice. We are going to explore the basic postures slowly. We will take each posture as a special study in and for our alignment. We will describe yoga terminology so that it becomes familiar to you when you are in other classes. Let's return to the basics!

