

Monday

Class: **Hatha Yoga I** 12:00 AM-1:30 PM, Beginning March 8
(This class runs throughout the year)

Cost: 1 sessions/ \$48.00 Drop in cost: \$14.00 per class

This class is designed for beginners. We will explore the various basic Yoga postures and gradually build core, shoulders and overall body strength. This class will include Pranayama and short meditations to promote relaxation. All levels are welcome.

Practitioner: Veronique Jewell

Please call 269-553-9215 for more information or to sign up.

Class: **Hatha 1 & 2** 10:00 AM-11:30 AM, Beginning January 4
(This class runs throughout the year)

Cost: 4 sessions/ \$48.00 Drop in cost: \$14.00 per class

While Jean is on sabbatical Cynthia @ 352-7323 will be teaching this class.

It is "meditation in action." With each posture, the mind focuses on alignment, and the movement of the breath. As the mind unites with the body and the breath, students move into a meditative state. Self-exploration occurs through discovery and release of physical tension patterns and psychological resistance. As practice continues, a student's ability to concentrate and to relax improves and inner awareness is enhanced.

Practitioner: Jean Ketchum

Please call 269-207-6232 for more information or to sign up.

Class: **Stage I & II - Kripalu** 5:30 PM-7:00 PM, Beginning January 4
(This class runs throughout the year)

Cost: 8 sessions/ \$96.00 Drop in cost: \$14.00 per class

Space Available!~

Build a strong foundation. The focus of Stage I Kripalu is to introduce basic hatha yoga asana (postures) and breathing techniques (pranayama). You will develop core strength, natural range of movement, and body awareness as you learn how far to go in a stretch and how long to hold with safety. Stage II - The practice deepens with inner focus and concentration while holding the postures.

Practitioner: Cynthia Hoss

Please call 269-352-7323 for more information or to sign up.

Tuesday

Class: **Gentle Yoga** 9:30 AM-11:00 AM, Beginning March 2
(This class runs throughout the year)

Cost: 5 sessions/ \$60.00 Drop in cost: \$0.00 per class

Please call for available space. This class is ongoing but paid by the month.

For students who need a more gradual or modified approach to asana due to pain, illness, or other limitations.

Practitioner: Nancy Diment

Please call 269-344-0298 for more information or to sign up.

Class: **Gentle** 1:00 PM-2:30 PM, Beginning March 2
(This class runs throughout the year)

Cost: 5 sessions/ \$60.00 Drop in cost: \$0.00 per class

For students who need a more gradual or modified approach due to age, pain or physical challenges

Practitioner: Nancy Diment

Please call 269-344-0298 for more information or to sign up.

Class: **Stage II & III Kripalu - Intermediate** 5:30 PM-7:00 PM, Beginning January 5
(This class runs throughout the year)

Cost: 8 sessions/ \$96.00 Drop in cost: \$14.00 per class

Space available!~

Stage II-Developing Inner Focus and Concentration. Stage III-Meditation in Motion. As attunement to the body evolves, life force (prana) begins to guide spontaneous movement from within. The focus is to breathe, relax, feel, watch, and allow, creating a space of meditative absorption. Prior yoga experience necessary.

Practitioner: Cynthia Hoss
Please call 269-352-7323 for more information or to sign up.

Class: **Vinyasa Flow II** 7:15 PM-8:45 PM, Beginning January 5
(This class runs throughout the year)

Cost: 4 sessions/ \$48.00 Drop in cost: \$14.00 per class

This Intermediate level Vinyasa Flow class emphasizes the connection between movement of body and breath to create fluid and dynamic transitions between and throughout postures. This practice develops strength and flexibility as well as an understanding of the technical detail of asana. The linking of meditative movement and breath work to focus and calm the body-mind.

Practitioner: Patricia Plasko
Please call 269-384-0354 for more information or to sign up.

Wednesday

Class: **Yin Yoga & Meditation - ALL LEVELS WELCOME!~** 8:00 AM-9:30 AM, Beginning January 6
(This class runs throughout the year)

Cost: 8 sessions/ \$96.00 Drop in cost: \$14.00 per class

Space Available!~

Enhance your flexibility and meditation skills. A quiet practice where poses are held for 3-5 minutes with very little muscular engagement. Targets deep connective tissue release in the muscles and joints of the lower body and pelvis, and spine. Gently strengthens the muscles and bones of the upper body.

Practitioner: Cynthia Hoss
Please call 269-352-7323 for more information or to sign up.

Class: **Alchemy of Yoga Hatha I & II** 10:00 AM-11:30 AM, Beginning February 3
(This class runs throughout the year)

Cost: 4 sessions/ \$48.00 Drop in cost: \$14.00 per class

This class will include asana, meditation and emphasis on the breath and its use in supporting the asana flow both on and off the mat. Come willing to practice from where you're at and experience your personal transformation, beginners welcome.

Practitioner: Judy Huxmann
Please call 269-744-6665 for more information or to sign up.

Class: **Restorative Yoga - ALL LEVELS WELCOME!~** 5:30 PM-7:00 PM, Beginning January 6
(This class runs throughout the year)

Cost: 8 sessions/ \$96.00 Drop in cost: \$14.00 per class

Perfect antidote to daily stress!~

Uses blankets, bolsters, and the wall for support in postures of conscious rest; allowing organs and body systems to passively balance and receive the benefits of yoga. Useful during recovery of illness, menstrual cycle, menopause, and stress of daily life circumstances.

Practitioner: Cynthia Hoss
Please call 269-352-7323 for more information or to sign up.

Class: **Energy Flow I and II** 7:15 PM-8:45 PM, Beginning March 3
(This class runs throughout the year)

Cost: 1 sessions/ \$48.00 Drop in cost: \$14.00 per class

This class will focus on weaving flows of Asanas in a Vinyasa style. Moving slowly throughout the postures will allow right alignment of the body and bring awareness of muscles, joints and bones that are involved in the Asanas. The class will cultivate mental focus, flexibility and strength.

Practitioner: Veronique Jewell
Please call 269-553-9215 for more information or to sign up.

Thursday

Class: **Advanced Gentle Yoga** 9:30 AM-11:00 AM, Beginning March 4
(This class runs throughout the year)

Cost: 4 sessions/ \$48.00 Drop in cost: \$0.00 per class

Please call for availability. This class is ongoing but paid by the month.

For students who need a more gradual or modified approach to asana due to pain, illness, or other limitations and have some yoga experience.

Practitioner: Nancy Diment
Please call 269-344-0298 for more information or to sign up.

Class: **Very Gentle Yoga** 1:00 PM-2:30 PM, Beginning March 4
(This class runs throughout the year)

Cost: 4 sessions/ \$48.00 Drop in cost: \$0.00 per class

Please call instructor to register

Appropriate for new beginners or those who have physical limitations requiring adaptations.

Practitioner: Nancy Diment
Please call 269-344-0298 for more information or to sign up.

Class: **Vinyasa Yoga Flow I-II** 5:30 PM-7:00 PM, Beginning January 7
(This class runs throughout the year)

Cost: 16 sessions/ \$12.00 Drop in cost: \$14.00 per class

Gina encourages you to explore and enjoy the experience of your breath and body as they move and blend. As the connection deepens, follow it into the loving of your heart and let it inform, nourish, and inspire your living. This class strives to support all bodies as they gain strength, flexibility, ease, and awareness. Please come with an open mind, a willing body, and be ready for your heart to follow...

Practitioner: Gina Greene
Please call for more information or to sign up.

Friday

Class: **Meditation-in-Motion I, II, & III** 8:00 AM-9:30 AM, Beginning January 8
(This class runs throughout the year)

Cost: 4 sessions/ \$60.00 Drop in cost: \$14.00 per class

Space Available!~ NO CLASS ON JAN 15, FEB. 12, MAR. 12, or APR. 16.

Combines all three stages of Kripalu Yoga. Stage I - Focusing on posture, breath, and meditative awareness while moving with safety, steadiness and ease. Stage II- Developing inner focus and concentration while holding the postures for longer periods of time. Prior yoga experience helpful. Stage III - The focus is to breathe, relax, feel, watch, and allow, creating a space of meditative absorption. Stage-III-Meditative absorption.

Practitioner: Cynthia Hoss
Please call 269-352-7323 for more information or to sign up.

Class: **Basic Hatha Yoga** 4:00 PM-5:30 PM, Beginning January 8
(This class runs throughout the year)

Cost: 8 sessions/ \$96.00 Drop in cost: \$14.00 per class

This class is open to all levels. Beginners always welcome!

An ongoing hatha yoga class for beginning and continuing level students. I strive to make yoga accessible to everyone, especially those who believe they can't do yoga. This class focuses on integrating the breath with the body in basic yoga poses. Come learn basic hatha yoga in a relaxed, open and fun environment. What a great way to start your weekend!

Practitioner: Kyle Thompson
Please call 269-353-7035 for more information or to sign up.

Saturday

Class: **Community Yoga** 10:00 AM-11:30 AM, Beginning January 2
(This class runs throughout the year)

Cost: 4 sessions/ \$32.00 Drop in cost: \$8.00 per class

No Class 3/13/10 due to special workshop with Melissa Spamer

All are welcome to this multi-level Saturday morning class taught alternately by Patricia Plasko and Veronique Jewell. This Vinyasa Flow class links slow movement with breath to create fluid transitions between and throughout postures. 50% of all class proceeds will be donated to a community charity.

Practitioner: Patricia Plasko
Please call 269-384-0354 for more information or to sign up.
