

# YOGA CENTER

## JULY 2016 Workshops & Events

Wed  
06  
6:00-7:15p

SLP



### PERSONAL PRACTICE DEVELOPMENT SERIES

This four-week journey will add depth and meaning to your yoga practice on and off the mat. Limited to ten students who are ready to explore the challenges surrounding their yoga practice. The instructor will help each student identify their limitations while also recognizing and developing their strengths. In-class practice will be supplemented by weekly take-home assignments for contemplation and practice.

\$105 (for 4 weeks)

NIKKI FLECK

Thu  
07  
7:30-8:45p

SLP



### NEW! JIVAMUKTI BASICS SERIES

The Jivamukti Basics curriculum is a 4-week series designed to introduce new students to the foundations of asana practice. Each class begins with the same 6-pose warm up sequence and includes a 10-minute Savasana to conclude the class. The asanas/techniques taught over the course of the 4 weeks are as follows: WEEK 1: STANDING ASANAS, WEEK 2: FORWARD BENDING, WEEK 3: BACK BENDING, WEEK 4: VINYASA and INVERSIONS

\$95 (for 4 weeks)

EMILY SMITH

Sat  
09  
1:30-3:30p

SLP



### NEW! AERIAL YOGA: CORE STRENGTH

Kick your 'boat pose' to the curb and embark on a practice that turns work to play in a mindful way. Warm up with dynamic movement to develop awareness in the muscles of the front & back body. Use breath, dynamic movement, and static yoga postures on and off the sling to strengthen, create joint stability, and coordinate muscle groups. Release the torso with aerial inversions and finish with deep core and hamstring stretching.

\$40 (\$35 for Annual Plus Members)

STEPHANIE KINNEY

Sun  
10  
1:30-3:30p

SLP



### NEW! MID-SUMMER RESTORATIVE YOGA: REPLENISHING OJAS

Many of the activities that we enjoy on these long summer days build the vital essence of prana - the life force - but can deplete ojas (OH-jas), the body's vital sap. Come re-juice and rejuvenate in this two-hour restorative yoga mini-retreat which will begin with the option of aromatherapy and self-massage for feet and hands, and conclude with the practice of yoga nidra.

\$40 (\$35 for Annual Plus Members)

MOYA MATHEWS

Tue  
12  
11a-12:15p

SLP



### MOMENT-TO-MOMENT MINDFULNESS

Inspired by her study with Jon Kabat-Zinn and Mary's 30 years of yoga practice and teaching experience, this Mindfulness Based Stress Reduction (MBSR) adapted experience comes with a little Yoga Center flare. Mindfulness Based Stress Reduction is described as "moment to moment nonjudgmental awareness". In this series, you will explore the benefits and sensations of strategies proven to improve your reactions and processing of stress, pain, illness and everything else that crosses your path. Come as you are.

\$225 (for 8 weeks)

MARY ANDERSON

Thu  
12  
7:30-8:45p

SLP



### DEVELOPING YOUR INTUITION

This fun and intuitive 4 week workshop will help you to get in touch with your inner voice, begin to find clarity and meaning about your personal life path, help you to understand how to tap into and listen to your intuitive voice and explore your inner knowing. During the series we will cover the different ways of knowing, learn more about the energy body, manifesting your goals and desires and how to push through chaos to hear your inner voice. Please come with a pen, journal and an open mind!

\$105 (for 4 weeks)

JENNIFER GRAY

Fri  
15

7:15-9:15p

SLP



## RESTORATIVE YOGA & ESSENTIAL OILS

Experience a deeply decadent evening just for you. Join Jennifer Colletti for an evening of restorative yoga and essential oils. Melt into relaxation. Feel the amazing benefits of life slowing down around you, and completely surrender into this relaxation. Experience the lovely benefits of essential oils while in this deep relaxing state, and let go of all stress. Reset the body and the mind, and let go of what is not serving you.

\$40 (\$35 for Annual Plus Members)

JENNIFER COLLETTI

Sat  
16

1:00-4:00p

SLP



## PRENATAL YOGA FOR BIRTHING

During this dynamic workshop, each couple will learn a variety of yoga-based coping techniques for the birth room to feel confident and prepared for the birthing time. Breath work from JAI Prenatal Yoga is taught along with labor massage and potential use of essential oils, movement, relaxation and visualization while learning about stages of labor and birth preferences.

\$90 (per couple)

HEATHER STRUWE

Sun  
17

1:30-3:30p

SLP



## INTRO TO AERIAL YOGA

Unnata® Aerial Yoga intersperses yoga postures aided by a soft fabric hammock with traditional "terrestrial" mat postures. Create space in the body with the help of gravity and the fabric. Experience asana without compression of the joints and spine, find new challenge in your favorite postures, and invert without effort. Explore postures in the air to breathe new understanding and inspiration in to your mat practice.

\$40 (\$35 for Annual Plus Members)

STEPHANIE KINNEY

 Summer Detox Week  
JULY 18 - 22 • 7:00 - 8:30 am  
WITH JENNIFER GRAY & JENNIFER JOHNSON

M-F  
18-22

1:30-4:00p

SLP



## SUPER STRETCH SUMMER KIDS CAMP

This summer, give your child an opportunity to experience this fun and unique 1/2 day summer camp! Confidence, strength, focus, body awareness, and balance are woven in to fun activities for these pint-sized yoga enthusiasts. Through yoga, artwork, creative movement, games and creating sequences with others in the class, your campers will get a chance to move, connect, and have fun. Please pack a nutritious snack for your camper daily. Ages 6-12.

\$125

JESSICA ROSENBERG

Fri  
22

7:00-8:00p

SLP



## NEW! SUMMER GONG BATH

Join Michele for an immersive Gong Bath to shift and cleanse your vibrations for the Summer season. The vibration of the Gong creates deep relaxation, releasing us from the torrent of thoughts our mind releases, and it stimulates the glandular system to a higher level of functioning. The sound waves bring the subconscious mind into a balanced and meditative state, an effortless meditation and relaxation facilitating the movement of prana throughout the body and psyche.

Donation Class (\$5 suggestion)

MICHELE ANDERSON

Fri  
22

7:15-9:15p

SLP



## YOGA FOR THE PELVIC FLOOR & CORE

To truly strengthen the pelvic floor we need to access the WHOLE pelvic floor, and Kegels just don't do it. Join Jennifer Colletti for Yoga and the Pelvic Floor, and learn how to access these very subtle muscles, how to strengthen them, and go home with a routine you can use regularly, to recreate the strength you have lost in your pelvic floor. This workshop is for all women that want to learn how to access, and strengthen the pelvic floor.

\$40 (\$35 for Annual Plus Members)

JENNIFER COLLETTI

Sat  
23

10:30-11:55a

SLP



## MEDITATION MANIFESTATION: ABUNDANCE SERIES

Meditation provides a myriad of benefits. Stress reduction, well-being, increased clarity & focus. It is also in the present moment where one can access intuition. Enjoy a 4 week series of ancient tools & techniques to calm the mind, cultivate intuition & become a conscious co-creator. Join with the energy of the natural world to utilize the abundance of Summer to create it in every area of your life.

\$105 (for 4 weeks)

COLEEN ELWOOD

Sat  
23

1:30-3:30p

SLP



## PARTNER YOGA

Partner yoga is a break in our solitary practice. Learn the tips and techniques to teach connection through the unique and uplifting practice of Partner Yoga. This type of yoga flow is a creative sequence of mutually beneficial asanas and stretches that connect body, mind and spirit with your partner. Communication, self-acceptance and honesty are the roots of the partner experience.

\$70 (per couple)

JESSICA ROSENBERG

Sat  
23

130-3:30p

SLP



## NEW! SHAKTI FLOW: SUMMER FUN & LAKSHMI LOVE

Join Tara in a celebration of the abundance of summer with the archetypal energies of Lakshmi, the goddess of all good things! Move and groove to your favorite summer songs while celebrating the love, joy, and goodness in yourself, summer, and this life!

\$40 (\$35 for Annual Plus Members)

TARA CINDY SHERMAN

Fri  
29

11a-12:15p

SLP



## SOMAYOGA FOR CHRONIC PAIN

SomaYoga is a progressive modality that blends somatic movement, therapeutics, and classic yoga to provide a balance of mobility, stability, and strengthening. In this series we will learn gently Somatic and SomaYoga movements that can release years of unwanted muscle tension and imbalance. We will become more aware of habits and patterns that have created our imbalances and learn to create better postural alignment resulting in more pain free physical functioning.

\$65 (for 4 weeks)

WENDY BROM

Fri  
29

7:15-9:15p

SLP



## YOGA NIDRA

Yoga Nidra is an ancient form of yogic meditation. Kevin teaches a modern adaptation of Yoga Nidra, also called iRest®, developed by his main Yoga Nidra teacher, Richard Miller. Yoga Nidra helps you break free of self-limiting patterns, emotions and beliefs so that you may live a contented life, free of conflict, anxiety and suffering. In its ultimate form, Yoga Nidra reveals the secret of enlightenment and introduces you to your True Nature as joyful and radiant Presence.

\$40 (\$35 for Annual Plus Members)

KEVIN KORTAN

Sat  
30

2:00-5:00p

SLP



## CREATING ENERGETIC BOUNDARIES

This workshop gives practical tips, tools and techniques for creating and sustaining energetic boundaries. The first half explores meditations, visualizations and discussion on grounding, defining your aura, distilling heavy energy, protection and cleansing. The second half weaves in yogic postures and breathing techniques along with shamanic (Earth-based) tools for navigating the changing world. Ideal for teachers, healers, body workers or anyone interested in delving into the world of energy.

\$55 (\$50 for Annual Plus Members)

COLEEN ELWOOD

Sun  
31

1:30-3:30p

SLP



## NEW! AERIAL YOGA: SPIRALS, TWISTS & DIAGONAL STRENGTH-BUILDING

The first hour we'll breakdown various twists, twists + back bending, and explore the concepts of 'contrast', diagonals, and core strength in asana. The 2nd hour we'll weave this new awareness in to a flowing vinyasa practice using the hammock to build strong, flexible core muscles and experience a safer and more effortless vinyasa flow.

\$40 (\$35 for Annual Plus Members)

BECKY STELLA

# YOGA CENTER

## AUGUST 2016 Workshops & Events

Sat  
06

1:30-3:30p

SLP



### NEW! KUNDALINI YOGA FOR THE LUMINOUS BODY

People around the world are waking up and realizing that we are light. Kundalini Yoga recognizes what ancient cultures around the world have known: that we are made from luminous fibers. These luminous fibers weave all hearts together, and so we lift each other up when we recognize them. Together, we will practice Kundalini Yoga and Meditation to energize, lighten, and FEEL these lights. This is energizing, fun, but tough work that bestows endless gifts to the practitioner.

\$40 (\$35 for Annual Plus Members)

NICOLE NARDONE

Sat  
06

1:30-4:00p

SLP



### NEW! COUPLES PRENATAL YOGA FOR BIRTH & ESSENTIAL OILS

Join Jen C. in this class movement based birth class for you and your birth partner focused on marrying yoga techniques, breathing techniques, & the mind body connection with labor and birth. Giving you a physical experience of how to prepare for your birth. Experience elements of our weekly Prenatal Yoga classes with your partner & learn how to bring yoga poses, movement and breathing techniques into your birth.

\$75 (per couple)

JENNIFER COLLETTI

Sat  
06

9:30-10:15a

SLP



### MEDITATION SAMPLER

Meditation is known to provide many physical, psychological and spiritual benefits to those who practice regularly. It is a way to reduce stress and improve physical and mental well-being, and it is an opportunity to become still and look inward, to find the center of oneself. Whether you have a regular meditation practice, or are new to it altogether, throughout the 6-week course you will enjoy a sampling of meditation techniques to find a method that works best for you, and you will have the opportunity to create and maintain the tools to develop your personal meditation practice.

\$95 (for 4 weeks)

COLEEN ELWOOD

Sun  
07

1:30-3:30p

SLP



### NEW! RESTORATIVE YOGA

The heat of summer is a great time to slow down and unwind with Restorative Yoga. Use props to support your body and let gravity do the work for you. This is a workshop to nourish yourself and deeply rest.

\$40 (\$35 for Annual Plus Members)

JENNIFER DAVIS

Sat  
06

7:15-8:45p

SLP



### DRUMMING & CHANTING SERIES

Drumming and chanting are powerful tools for creating both harmony and empowerment. Life is rhythm and we are all in motion, constantly vibrating at our own frequency. Drumming and chanting are powerful tools for bringing us back to balance when we fall out of harmony. Join Tara in this 4 week series and learn how to shift your energies through the power of sound. No experience needed. This series will focus on drumming with some chanting mixed in and is for anyone who wants to learn more about drumming, or chanting, or both. Please bring a hand drum such as a djembe to class

\$64 (for 4 weeks)

TARA CINDY SHERMAN

M-F  
8-12

1:30-4:00p

SLP



### SUPER STRETCH SUMMER KIDS CAMP

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\$125

JESSICA ROSENBERG

Tue  
09

7:30-8:45p

SLP



## DEVELOPING YOUR INTUITION: LEVEL II

This three week workshop is for students who have already completed Level 1 *Developing Your Intuition* course. In this course we will expand upon what you learned in level 1, begin to clarify and hone the tools that you are developing and process our experiences. Practice with fellow students and validations will be a primary focus of our time together. We will also explore the concept of group readings and everyone will participate in one. Readings, discussion, shared experience, plus much more!

\$75 (for 3 weeks)

JENNIFER GRAY

Wed  
09

6:00-7:15p

SLP



## PERSONAL PRACTICE DEVELOPMENT SERIES

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\$105 (for 4 weeks)

MOYA MATHEWS

Thu  
11

7:30-9:30p

SLP



## RESTORATIVE YOGA & ESSENTIAL OILS

Experience a deeply decadent evening just for you. Join Jennifer Colletti for an evening of restorative yoga and essential oils. Melt into relaxation. Feel the amazing benefits of life slowing down around you, and completely surrender into this relaxation. Experience the lovely benefits of essential oils while in this deep relaxing state, and let go of all stress. Reset the body and the mind, and let go of what is not serving you.

\$40 (\$35 for Annual Plus Members)

JENNIFER COLLETTI

Sat  
13

1:30-2:45p

SLP



## YOGA BABY BONDING FOR PARTNERS

This workshop is a blend of yoga for babies and yoga for parents. Yoga Bonding is a baby integrated yoga sequence that is a fun, uplifting way for moms/dads/caregivers to build trust, confidence and love together. In this workshop, Partners and baby will play and sing and practice yoga together. The benefits for babies are wonderful; babies sleep better, have better digestion, are better adjusted and happier! We'll start class with baby yoga and then you'll have an opportunity to practice while bringing baby along for the journey.

\$30 (per couple)

HEATHER STRUWE

Sun  
14

1:30-3:30p

SLP



## NEW! SOCIAL MEDIA BRANDING FOR TEACHERS

We are trending into a whole new world of yoga that is social media driven. Join Jes Rosenberg for mindful marketing and conscious business advice on how to be proactive using social media to design a profitable yoga business. Explore your desired niche and yoga demographic and get insight into strategically visualizing, researching, and creating the first steps to set up your platform.

\$40 (\$35 for Annual Plus Members)

JESSICA ROSENBERG

Sat  
20

1:30-3:30p

SLP



## ASHTANGA YOGA DE-MYSTIFIED

An introduction to the Ashtanga Yoga Method. This workshop will cover what Ashtanga is, the Tristana Method of Pose, Breath and Drishti, and the basic poses of the short form Primary Series class. Participants will leave with a thorough understanding of what Ashtanga is and why it is a practice anyone can do.

\$40 (\$35 for Annual Plus Members)

SARA MANDEL-KRUG

Sat  
27

1:30-3:30p

SLP



## INTRO TO AERIAL YOGA

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\$40 (\$35 for Annual Plus Members)

STEPHANIE KINNEY