

Sunday

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

Cost: 8 sessions/ \$64.00 Drop in cost: \$8.00 per class

Sunday, August 1 - NO CLASS due to parking lot resurfacing

All are welcome to this multi-level Sunday morning class taught alternately by Gina Greene and Kyle Thompson. They hope to share their love and enjoyment of the practice of yoga with you. 50% of all class proceeds will be donated to a community charity.

Practitioner: Gina Greene
Please call 269-544-0310 for more information or to sign up.

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 Yoga 1 & 2** 10:00 AM-11:30 AM, Beginning July 5
(This class runs throughout the year)

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

Space Available!~

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: Cynthia Hoss
Please call 269-352-7323 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: 1 sessions/ \$48.00 Drop in cost: \$14.00 per class

Space Available!~NO CLASS JULY 19, AUGUST 2, OR 19.

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.

Class: **Vinyasa 1 and 2** 7:15 PM-8:30 PM, Beginning September 13
(This class runs throughout the year)

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

This is an invigorating class based on Sun Salutations and flowing postures that are all linked together with the breath, and with meditation and breathing techniques that are taught in a way that can be applied to everyday life. It is like a yogic dance burning calories, teaching us to be present and positive, aiding in mental and physical healing, toning the body and creating more overall flexibility. The class is done in a warm climate to detoxify the body and bring more clarity of the mind. Kirsten's classes are always sequenced differently, so you never get the same experience twice. She creates a nurturing community amongst her students so that everyone feels welcome.

Practitioner: Kirsten Lyon
Please call 269-250-0866 for more information or to sign up.

Tuesday

Class: **Gentle Yoga** 9:30 AM-11:00 AM, Beginning July 6
(This class runs throughout the year)

Cost: 4 sessions/ \$48.00 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 July 6
(This class runs throughout the year)

Cost: 2 sessions/ \$36.00 Drop in cost: \$0.00 per class

Please call instructor to register

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: 4 sessions/ \$48.00 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** 8:00 AM-9:30 AM, Beginning January 6
(This class runs throughout the year)

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

CLASSES ARE ON IN JULY, NO CLASSES IN AUGUST. RESUMING SEPTEMBER 1.

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

Perfect antidote to daily stress!~NO CLASS AUGUST 11.

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 July 1
(This class runs throughout the year)

Cost: 5 sessions/ \$60.00 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 July 1
(This class runs throughout the year)

Cost: 3 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.

Class: **Yin Yoga** 7:15 PM-8:45 PM, -July 29, 2010

Cost: 5 sessions/ \$60.00 Drop in cost: \$14.00 per class

Class Runs July 1, 8, 15, 22, 29 Only - Will Resume in September

Bring ease and lightness to the body, deepening your range of motion by increasing the flexibility of the joints. Yin Yoga targets the deep connective tissues, such as the ligaments and joints, primarily of the hips, pelvis, and lower spine. With minimal muscular engagement, poses are held 3-5 minutes, allowing the appropriate time for these more dense and fibrous tissues to lengthen. Class begins with a 15 minute guided movement improvisation warm-up. Yin postures follow for the remainder of class. Suitable for most levels of students, it is a perfect complement to more dynamic and muscular styles of yoga or other workouts.

Practitioner: Patricia Plasko

Please call 269-547-9445 for more information or to sign up.

Friday

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

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

THIS CLASS HAS BEEN CANCELED.

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 June 11
(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! Please note that class will not be held on June 25, 2010.

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

Drop-in format fits your schedule, budget, and great way to give yoga a try!

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. A portion 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.
