



Yoga

Absolute Beginner's Yoga

LV

This class is a fundamental class for those who have never practiced yoga, or for those preferring a less vigorous, less physically demanding style. Each class begins with a slow warm-up and gentle stretching. Emphasis is on proper breathing and coordinating breath with movement. A variety of lying mat poses and simple standing poses are taught.

Location: Dole Center, Studio 3

Instructor: Tom Wilkens

M, 6-7:15pm	\$55/\$82
<u>Apr 13 - May 18</u>	<u>#243020-01</u>
W, 7:30-8:45pm	\$55/\$82
<u>Apr 15 - May 20</u>	<u>#243020-02</u>
# of weeks: 6	Min 6/Max 24

Beginning/Continuing Yoga

LV

These classes are designed for those who have begun their exploration of yoga and would like to learn more challenging poses. We will cover more complicated mat poses, abdominal and core training, and basic standing postures. As various poses are mastered, the student's awareness of the body grows, resulting in a centered and calm state of consciousness.

Location: Dole Center, Studio 3 (except where noted)

Instructors: Kathey Furey, Julia Robling Griest,

Tom Wilkens

M, 7:30-8:45pm	Wilkens	\$55/\$82
<u>Apr 13 - May 18</u>		<u>#243020-03</u>
Tu, 9-10:15am	Robling Griest	\$55/\$82
<u>Apr 14 - May 19</u>		<u>#243020-05</u>
Tu, 4-5:15pm**	Furey	\$55/\$82
<u>Apr 14 - May 19</u>		<u>#243020-06</u>
Th, 6-7:15pm	Wilkens	\$55/\$82
<u>Apr 16 - May 21</u>		<u>#243020-07</u>
Sa, 7-8:15am**	Wilkens	\$55/\$82
<u>Apr 18 - May 23</u>		<u>#243020-08</u>
# of weeks: 6		Min 6/Max 24

**Dole Center, Studio 2

Prenatal Yoga

LV

This gentle and safe prenatal yoga class will help release stiffness and tension throughout the entire body while focusing on toning muscles, especially those important to giving birth. Attention is also given to increasing mobility of the pelvis and learning how to maintain healthy posture during the weight gain of pregnancy. Participants should check with physician before first class.

Location: Dole Center, Studio 3

Instructor: Julia Robling Griest

Tu, 6-7:15pm	\$55/\$82
<u>Apr 14 - May 19</u>	<u>#243020-13</u>
Sa, 8-9:15am	\$55/\$82
<u>Apr 18 - May 23</u>	<u>#243020-14</u>
# of weeks: 6	Min 6/Max 24

Chair Yoga

LV

Stretch the spine, strengthen the core, deepen the breath, and calm the mind by practicing yoga while seated comfortably in a chair. This class is great for anyone who wants to practice yoga but feels uncomfortable in a traditional mat class. Do not underestimate your power to access the benefits of yoga while sitting in a chair!

Location: Dole Center, Studio 3

Instructor: Julia Robling Griest

Th, 10:30-11:45am	\$55/\$82
<u>Apr 16 - May 21</u>	<u>#243020-16</u>
# of weeks: 6	Min 6/Max 20

Yoga for Men

LV

We're looking for a few good men to learn a variety of yoga postures for strength and flexibility. Learn to stretch, breathe, relax, wind down, open up, recharge and re-energize, all in a supportive male environment. Discover for yourself the regenerating effects of this ancient physical, mental and spiritual practice.

Location: Dole Center, Studio 3

Instructor: Tom Wilkens

W, 6-7:15pm	\$55/\$82
<u>Apr 15 - May 20</u>	<u>#243020-12</u>
# of weeks: 6	Min 6/Max 24

Post Partum Yoga: Babies Welcome! LV

Begin to develop the firm foundation of a regular yoga practice while focusing on the needs of a new mom. We will be strengthening all the major muscle groups and discussing proper posture and the mechanics of lifting and carrying. This will not only help mom firm up after pregnancy and childbirth, but it will also help her be healthy, vigorous, and strong. Check with your physician before attending. Babies welcome.

Location: Dole Center, Studio 3

Instructor: Julia Robling Griest

M, 9-10:15am	\$55/\$82
<u>Apr 13 - May 18</u>	<u>#243020-15</u>
# of weeks: 6	Min 6/Max 24

Beginning/Continuing Hatha Yoga & Meditation

LV

The physical poses are just one part of the yoga tradition. Broaden your practice by learning how to meditate. Breath-based mindfulness techniques will be taught along with yoga poses chosen specifically for their ability to facilitate meditation.

Location: Dole Center, Studio 3

Instructor: Julia Robling Griest

Th, 9-10:15am	\$55/\$82
<u>Apr 16 - May 21</u>	<u>#243020-09</u>
# of weeks: 6	Min 6/Max 24

Kundalini Yoga

LV

Energize and uplift yourself with Kundalini yoga and meditation! You'll build a healthier body, reduce stress and make contact with your infinite self. Each class uses postures, breath work, chanting and meditation to provide you with the experience of your innate inner wisdom and joy. Kundalini yoga and meditation make you radiant, peaceful and strong so that you can meet life's challenges and win!

Location: Dole Center, Studio 3

Instructor: Tom Wilkens

Th, 7:30-8:45pm	\$55/\$82
<u>Apr 16 - May 21</u>	<u>#243020-11</u>
Sa, 9:30-10:45am	\$55/\$82
<u>Apr 18 - May 23</u>	<u>#243020-10</u>
# of weeks: 6	Min 6/Max 24