


# The Yoga Connection @ Be Well Now

## MAY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10-11 am Chill-asana – Gail ***** 6:30-7:30 pm – Yoga for Every Body – Gail	2 9:30-10:30 am Morning Accessible Yoga – Samantha *****	3 ***** 6:30-7:30 pm Balance & Restore – Angie	4	5
6	7 9:00-10:00 am Yoga and Movement – Danette ***** 6-7pm – Hatha Yoga – Tina  7:15-8:30p –Gentle Touch Restorative Yoga, \$15 – Gail limited space register on FB	8 10-11 am Chill-asana – Gail ***** 6:30-7:30 pm – Yoga for Every Body – Gail	9 9:30-10:30 am Morning Accessible Yoga – Samantha *****	10 ***** 6:30-7:30 pm Balance & Restore – Angie	11 ***** 5-9pm - Studio closed for YTT	12 8am – 5pm – Studio closed for YTT
13 8am – 5pm – Studio closed for YTT	14 9:00-10:00 am Yoga and Movement – Danette ***** 6-7pm – Hatha Yoga – Tina	15 10-11 am Chill-asana – Gail ***** 6:30-7:30 pm – Yoga for Every Body – Gail	16 9:30-10:30 am Morning Accessible Yoga – Samantha *****	17 ***** 6:30-7:30 pm Balance & Restore – Angie	18	19
20 ***** 1:00-2:15 pm Yoga Nidra, \$10 ~ Gail – register on FB	21 9:00-10:00 am Yoga and Movement – Danette ***** 6-7pm – Hatha Yoga – Tina	22 10-11 am Chill-asana – Gail ***** 6:30-7:30 pm – Yoga for Every Body – Gail	23 9:30-10:30 am Morning Accessible Yoga – Samantha *****	24 ***** 6:30-7:30 pm Balance & Restore – Angie	25	26
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\*\* Go to Facebook or [theyogaconnection.me](http://theyogaconnection.me) for class descriptions.

 the yoga connection at BWN

The Yoga Connection is located at Be Well Now  
221 E. Center Dr. Alton, IL 62002  
(618) 467-8827 or (618) 462-3900

## **May 2018 Class descriptions**

### **Balance & Restore**

Ease into your weekend with this mellow vinyasa –based flow class. Class led by Angie Becker, 200-RYT

### **Chill-asana**

Gail Herzog, 200-RYT, will use yoga postures, breathing exercises and mindful relaxation to transport you to your “Happy Place.” All levels welcome.

### **Hatha Yoga**

An all-levels class with Tina Steibel, 200RYT.

### **Morning Accessible Yoga**

Samantha Burton, 200RYT, and certified with Jivana Heyman, the founder of Accessible Yoga, leads this morning practice available to all.

### **Restorative Yoga**

Restorative yoga uses a wide range of props to support the body so you can completely relax. Led by Gail Herzog, 200-RYT. \$15. Limited spots; reserve yours through FB.

### **Yoga and Movement**

Yoga postures and other movements and modalities to promote flexibility, coordination, strength and mobility with some vinyasa flows to increase the heart rate a little. Led by Danette Watt, 200RYT.

### **Yoga for Every Body**

This is an all-levels class, a continuation of a beginner's yoga class led by Gail Herzog, 200RYT. Class includes yoga poses, meditation and breath work. Modifications are provided.

### **Yoga Nidra**

Yoga Nidra is a state of consciousness that is between sleep and wakefulness. This popular meditation practice is led by Gail Herzog, 200-RYT.