

The Yoga Connection @ Be Well Now

JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1:30-3:00 pm – New Year Align & Receive (New Beginnings 2019), \$20 – Danette (snow date: Jan 6, same time)	2 9:00-10:00 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma	3 9-10 am Gentle Yoga – Sasha ***** 6:30-7:30 pm Balance & Restore – Angie	4	5 ***** 1:00-1:30 pm Ring of Fire –Danette - \$8 1:30-2:00 – Open Studio - \$5, free with monthly membership
6 10:30-11:50am – Morning Meditation – Danette 11:00-11:45am Yoga Mix – Danette	7 ***** 6:00-7:00pm – Hatha Yoga – Andrea 7:15-8:30 pm – Gentle Restorative Yoga, \$15, space limited – Gail	8 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail	9 9:00-10:00 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma	10 9-10 am Gentle Yoga – Sasha ***** 6:30-7:30 pm Balance & Restore – Angie	11 6:30-7:30pm – class info to come – Angie	12 ***** 1:00-1:30 pm Ring of Fire –Danette - \$8 1:30-2:00 – Open Studio - \$5, free with monthly membership
13 10:30-11:50am – Morning Meditation – Danette 11:00-11:45am Yoga Mix – Danette	14 ***** 6:00-7:00pm – Hatha Yoga – Andrea	15 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail	16 9:00-10:00 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma	17 9-10 am Gentle Yoga – Sasha ***** 6:30-7:30 pm Balance & Restore – Angie	18 ***** 6:30-7:45 pm Yin Yoga – Sasha	19 ***** 1:00-1:30 pm Ring of Fire –Danette - \$8 1:30-2:00 – Open Studio - \$5, free with monthly membership
20 10:30-11:50am – Morning Meditation – Danette 11:00-11:45am Yoga Mix – Danette	21 ***** 6:00-7:00pm – Hatha Yoga – Andrea 7:15-8:30 pm –Yoga Nidra, \$10 – Gail	22 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail	23 9:00-10:00 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma	24 9-10 am Gentle Yoga – Sasha ***** 6:30-7:30 pm Balance & Restore – Angie	25	26 11:00am-12:00pm – Meet & Greet with Dr. Jaime Sanchez, YTT director 12:00-12:30pm – FREE Yoga ***** 1:00-1:30 pm Ring of Fire –Danette - \$8 1:30-2:00 – Open Studio - \$5, free with monthly membership
27 10:30-11:50am – Morning Meditation – Danette 11:00-11:45am Yoga Mix – Danette	28 ***** 6:00-7:00pm – Hatha Yoga – Andrea	29 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail	30 9:00-10:00 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma	31 9-10 am Gentle Yoga – Sasha ***** 6:30-7:30 pm Balance & Restore – Angie		

** Go to Facebook or 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

January 2019 Class descriptions

Balance & Restore

You'll experience all the physical and mental benefits of yoga as you ease into your weekend with this mellow vinyasa – based flow class led by Angie Becker, 200RYT.

Gentle Restorative Yoga

Props are used to fully support the body and to help release layers of mental and physical tension. Sequences typically have five or six poses, are held for five minutes or more and include light twists, seated forward folds and gentle backbends. This monthly class is led by Gail Herzog, 200RYT. **\$15. Limited to 8 spots.**

Gentle Yoga

Class begins with a short meditation to tune into the breath and develop awareness in your practice. It incorporates gentle warm-ups, followed by sun salutations and traditional hatha poses, before cooling down into the final rest pose. Class is suitable for all levels and abilities. Led by Sasha Bassett, 200RYT.

Hatha Yoga w/ Andrea

Join Andrea Chancey, 200RYT in this all-levels hatha yoga class that includes meditation, pranayama and asanas.

Hatha Yoga w/ Emma

Join Emma Franklin, 200RYT, in this all-levels hatha yoga class that includes meditation, pranayama and asanas.

Morning Meditation

Start your week out right with this drop-in class that will leave you feeling calm and peaceful. Part of the time will be spend in a guided meditation, followed by silence to nurture your own practice. **No meditation experience necessary. \$5.** Led by Danette Watt, 200RYT.

Open Studio

Need a place to practice? Have yoga questions you need answered? Drop in and play around a bit or just take a few moments for yourself. **\$5; free with monthly membership.**

Ring of Fire

This 30-minute class is for everyone and focuses on strengthening all the core muscles, not just the abs. A strong core helps in balance, in addition to daily functional fitness. **\$8.** Danette Watt, 200RYT

Yin Yoga

Yin yoga works with the meridians in the body to access our chi. Props and longer holds stretch the connective tissue of the hips, pelvis and lower spine. Led by Sasha Bassett, 200RYT.

Yoga and Movement

A non-traditional yoga class in which the teacher may pause to 'workshop' an asana. It includes yoga postures and other movements and modalities to promote flexibility, coordination, strength and mobility and maybe some vinyasa flows to raise the heart rate a little. Led by Danette Watt, 200RYT.

Yoga for Every Body

This is an all-levels gentler and slower class led by Gail Herzog, 200RYT. It includes yoga poses, meditation and breath work; modifications are always provided.

Yoga Mix

This is an all-levels class that might include yin yoga or Kundalini kriyas and meditations along with hatha yoga poses. Led by Danette Watt, 200RYT. No Kundalini experience necessary.

Follows Morning Meditation; take both classes for \$15.

Yoga Nidra

This powerful meditation technique begins with setting an intention; a body scan and breath awareness calms the mind and relaxes the body. Images, visualization and sense perception are used to enhance the experience. This popular meditation practice is once a month and led by Gail Herzog, 200RYT. **\$10.** Please reserve your spot through Facebook.

WORKSHOPS – Due to the nature of workshops and minimum attendance, we request payment when you register at theyogaconnection.me/sign-up.

New Year Align & Receive (New Beginnings), Tuesday, Jan. 1, 1:30-3:00pm, \$20, Danette Watt, 200RYT

Meet & Greet/Free Yoga, Sat. Jan. 26, 11am-12:30pm, Dr. Jaime Sanchez, director of West-East Yoga School's Yoga Teacher Training – get more info on our YTT program