


The Yoga Connection @ Be Well Now

FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea 7:15-8:30 pm – Gentle Restorative Yoga, \$15, space limited – Gail	5 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail	6 9:30-10:30 am Hatha Yoga – Emma ***** 6:30-7:30 pm – Hatha Yoga – Emma	7 9-10 am Hatha Yoga – Danette ***** 6:30-7:30 pm Yoga Basics – Danette (week 4)	8 ***** YTT 2019 begins. Studio closed to public through weekend	9
10	11 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea	12 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail	13 9:30-10:30 am Hatha Yoga – Emma ***** 6:30-7:30 pm – Hatha Yoga – Emma	14 9-10 am Hatha Yoga – Danette ***** 6:30-7:30 pm Yoga Basics – Danette (week 5)	15	16
17	18 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea 7:15-8:30 pm – Yoga Nidra, \$10 – Gail	19 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail	20 9:30-10:30 am Hatha Yoga – Emma ***** 6:30-7:30 pm – Hatha Yoga – Emma	21 9-10 am Hatha Yoga – Danette ***** 6:30-7:30 pm Yoga Basics – Danette (week 6)	22	23
24	25 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea	26 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail	27 9:30-10:30 am Hatha Yoga – Emma ***** 6:30-7:30 pm – Hatha Yoga – Emma	28 9-10 am Hatha Yoga – Danette ***** 6:30-7:30 pm – Hatha Yoga		

** 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

February 2019 Class descriptions

Experienced Beginner Yoga

This class is designed for those who have had some exposure to yoga, including an introduction to basic yoga poses and proper alignment. The experienced beginner student would like to explore their practice and begin to become more familiar with poses and use of the breath. Led by Andrea Chancey-Chastain, 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.**

Hatha Yoga w/Danette

Join Danette Watt, 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.

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 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.