


The Yoga Connection @ Be Well Now

MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
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 ***** 6:00-7:00 pm Hatha Yoga – Nancy	8	9
10 ***** 1:30-3:00p Subtle Energy of the Body: Chakra series, \$15 drop-in or \$50 prepay for the 4-week series – week 1 ~ Danette	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 ***** 6:00-7:00 pm Hatha Yoga – Nancy	15 ***** 6:30-7:45 pm Yin Yoga, \$15 – Sasha	16
17 ***** 1:30-3:00p Chakra series – week 2 ~ Danette	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 ***** 6:00-7:00 pm Hatha Yoga – Nancy	22	23
24 ***** 1:30-3:00p Chakra series – week 3 ~ Danette 31 ***** 1:30-3:00p Chakra series – week 4 ~ Danette	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 ***** 6:00-7:00 pm Hatha Yoga – Nancy	29	30

** 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

March 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.

Hatha Yoga w/ Nancy

Join Nancy Culiberk, 200RYT, in this hatha yoga class that includes meditation, pranayama and asanas. All-levels but especially appropriate for beginners.

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. **\$15**

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. Please reserve your spot through Facebook. **\$10.**

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

Subtle Energy of the Body: Chakra Series – 1:30-3:00pm – Sundays, March 10, 17, 24, 31; \$15 drop-in or \$55 prepay for the series and receive a gift at the end of the series. Our outer life is a reflection of the inner state of our being. When our chakras are out of balance, we encounter more challenges in our lives. When they’re in synch, life seems to flow for us. This series, led by Danette Watt, 200RYT, will explore the chakra system, beginning with an overview and studying each chakra in greater depth. We’ll use a variety of modalities such as: guided meditations, pranayama, mantras, yoga postures and more to discover how blocked chakras might manifest themselves in our lives and how we can clear the energy so we have good physical, mental, emotional and spiritual health. Register at theyogaconnection.me/sign-up.