

The Yoga Connection @ Be Well Now

APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ***** 6:00-7:00 pm – Experienced Beginner Yoga – Andrea Chancey	2 9:00-10:00 am Yoga and Movement – CANCELED ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	3 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	4 9-10 am Hatha Yoga – Danette Watt ***** 6:30-7:30 pm –Yoga - Nancy Culiberk	5	6
7	8 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea Chancey	9 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	10 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	11 9-10 am Hatha Yoga – CANCELED ***** 6:30-7:30 pm Yoga - Nancy Culiberk	12	13
14	15 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea Chancey 7:15-8:30 pm – Gentle Restorative Yoga, \$15, space limited – Gail Herzog	16 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	17 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	18 9-10 am Hatha Yoga – Danette ***** 6:30-7:30 pm Yoga - Nancy Culiberk	19	20
21	22 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea Chancey	23 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	24 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	25 9-10 am Hatha Yoga – Danette ***** 6:30-7:30 pm Yoga - Nancy Culiberk	26	27
28	29 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea Chancey	30 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog				
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** 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

April 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.