


# The Yoga Connection @ Be Well Now

## MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	2 9-10 am Hatha Yoga – Danette Watt ***** 6:00-7:00 pm –Hatha Yoga - Danette Watt subbing	3	4
5	6 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea Chancey	7 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	8 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	9 9-10 am Hatha Yoga – Danette Watt ***** 6:00-7:15 pm – Introduction to Yoga - Nancy Culiberk (week 1/4)	10	11
12	13 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea Chancey  7:15-8:30 pm – Gentle Restorative Yoga, \$15, space limited – Gail Herzog	14 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	15 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	16 9-10 am Hatha Yoga – Danette Watt ***** 6:00-7:15 pm – Introduction to Yoga - Nancy Culiberk (week 2/4)	17 ***** 6:30-7:45 pm – Yin Yoga ~ Sasha Bassett - \$15	18
19	20 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea Chancey	21 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	22 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	23 9-10 am Hatha Yoga – Danette Watt ***** 6:00-7:15 pm – Introduction to Yoga - Nancy Culiberk (week 3/4)	24	25
26	27 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea Chancey – CANCELED for the holiday!	28 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	29 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	30 9-10 am Hatha Yoga – Danette Watt ***** 6:00-7:15 pm – Introduction to Yoga - Nancy Culiberk (week 4/4)	31	

\*\* Visit [theyogaconnection.me](http://theyogaconnection.me) for registration forms and other info

 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 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, RYT

### **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, RYT. **\$15. Limited to 8 spots.**

### **Hatha Yoga w/Danette**

Join Danette Watt, RYT in this all-levels hatha yoga class that includes meditation, pranayama and asanas.

### **Hatha Yoga w/ Emma**

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

### **Hatha Yoga w/ Nancy**

Join Nancy Culiberk, RYT, 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 prana or chi. Props and longer holds stretch the connective tissue of the hips, pelvis and lower spine. Led by Sasha Bassett, RYT and certified in Yin Yoga. **\$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, RYT.

### **Yoga for Every Body**

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

**WORKSHOPS** – Due to the nature of workshops and minimum attendance, we request payment when you register at [theyogaconnection.me/sign-up](http://theyogaconnection.me/sign-up).

**Yoga Basics: Introduction to Yoga, Thursdays, May 9 – May 30, 6:00-7:15pm, Nancy Culiberk, RYT. \$60; sign up with a friend and pay \$55 each.**

**Preregistration/payment required.** Class includes optional Monday evening practice with Andrea Chancey. In this 4-week course, you’ll learn foundational yoga postures leading to sun salutation, breath techniques used during a yoga practice and how to incorporate yoga in your daily activities. Download a registration form or link to PayPal at [theyogaconnection.me/signup](http://theyogaconnection.me/signup).