


The Yoga Connection @ Be Well Now

JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea Chancey	4 9:00-10:00 am Yoga and Movement – Emma Franklin subbing ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	5 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	6 9-10 am Hatha Yoga – Emma Franklin subbing ***** 6:00-7:00 pm Hatha Yoga - Nancy Culiberk	7 ***** 6:30-7:45pm – Yin Yoga, \$15 – Sasha Bassett	8
9	10 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea Chancey 7:15-8:30 pm – Gentle Restorative Yoga, \$15, space limited – Gail Herzog	11 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	12 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	13 9-10 am Hatha Yoga – Danette Watt ***** 6:00-7:00 pm Hatha Yoga - Nancy Culiberk	14	15
16	17 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea Chancey	18 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	19 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	20 9-10 am Hatha Yoga – Danette Watt ***** 6:00-7:00 pm Hatha Yoga - Nancy Culiberk	21	22 ***** 1:30-3pm - Crystals Crash Course: Beginner's Guide, \$15 – Amanda Lippner
23	24 ***** 6:00-7:00pm – Experienced Beginner Yoga – Andrea Chancey	25 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	26 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	27 9-10 am Hatha Yoga – Danette Watt ***** 6:00-7:00 pm Hatha Yoga - Nancy Culiberk	28	29

** Visit 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

June 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.

Crystals Crash Course: A Beginner’s Guide, Saturday, June 22, 1:30-3:00pm, Amanda Lippner, RYT. \$15. Prepay and receive a free crystal! Learn the basics about crystals, their metaphysical properties, how to take care of them and use them in various setting such as meditation, crystal therapy and yoga. Follow the link to PayPal at theyogaconnection.me/sign-up.