

The Yoga Connection @ Be Well Now

AUGUST 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|---|--------|----------|
| | | | | 1 ***** 6:00-7:00 pm – Hatha Yoga – Andrea Chancey | 2 | 3 |
| 4 | 5 ***** 6:00-7:00pm – Hatha Yoga – Andrea Chancey | 6 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog | 7 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin | 8 ***** 6:00-7:00 pm – Hatha Yoga – Andrea Chancey | 9 | 10 |
| 11 | 12 ***** 6:00-7:00pm – Hatha Yoga – Andrea Chancey 7:15-8:30 pm – Gentle Restorative Yoga, \$15, space limited – Gail Herzog | 13 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog | 14 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin | 15 ***** 6:00-7:00 pm – Hatha Yoga – Andrea Chancey | 16 | 17 |
| 18 | 19 ***** 6:00-7:00pm – Hatha Yoga – Andrea Chancey | 20 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog | 21 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin | 22 ***** 6:00-7:00 pm – Hatha Yoga – Andrea Chancey | 23 | 24 |
| 25 | 26 ***** 6:00-7:00pm – Hatha Yoga – Andrea Chancey | 27 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog | 28 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin | 29 ***** 6:00-7:00 pm – Hatha Yoga – Andrea Chancey | 30 | 31 |

** 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

August 2019 Class descriptions

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/ Andrea

Join Andrea Chancey, RYT, in this hatha yoga class that includes meditation, pranayama and asanas. All-levels.

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 a minimum required attendance in order for a workshop to be held, we suggest you pre-register/pay at theyogaconnection.me/sign-up.

Yoga to Overcome Bad Habits, Saturday, Sept. 28, 1:00-2:30pm, Amanda Lippner, RYT, BSW, \$15. We know habits can be beneficial or harmful. After some discussion about habits, breaking them and making changes, we’ll have a beginner-friendly practice with meditation, breath work, yoga postures and crystal work. These practices will help us reduce unwanted habits and replace them with positive ones, strengthening our resolve and keeping us motivated to make changes. Dress in clothes you can move in and bring any personal crystals you want to use.

The Benefits of Using Crystals in Your Yoga Practice, Saturday, Oct. 26, 1:00-2:30pm, Amanda Lippner, RYT, \$15. Amanda uses crystals in her work and daily life. In this workshop, she’ll share with us some basic information about crystals and their properties before leading us in a class with them. We’ll start with a short meditation practice and then move on to a few restorative poses incorporating our crystals and end with savasana. **Class is limited to 8 so everyone will be able to use our props during the restorative practice.** Bring your favorite crystals or stones; some will be available for use.

Yoga Basics: Introduction to Yoga. Would you or someone you know like to learn yoga? In this 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. Minimum 6 students needed to hold the class, so if you’re interested, call us to be placed on the waiting list.