

The Yoga Connection @ Be Well Now

SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Studio Closed for Labor Day	3 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	4 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	5 9:00-10:00 am Hatha Yoga – Danette Watt – canceled today ***** 6:00-7:00 pm – Hatha Yoga – Andrea Chancey	6	7
8	9 10:00-11:00 am – Hatha Yoga – Aly Slaughter ***** 6:00-7:00pm – Hatha Yoga – Andrea Chancey	10 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	11 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	12 9:00-10:00 am Hatha Yoga – Danette Watt ***** 6:00-7:00 pm – Yoga Basics, week 1/6 – Danette Watt & Andrea Chancey	13	14
15	16 10:00-11:00 am – Hatha Yoga – Aly Slaughter ***** 6:00-7:00pm – Hatha Yoga – Andrea Chancey 7:15-8:30 pm – Gentle Restorative Yoga, \$15, space limited – Gail Herzog	17 9:00-10:00 am Yoga and Movement – Danette Watt ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	18 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	19 9:00-10:00 am Hatha Yoga – Danette Watt ***** 6:00-7:00 pm – Yoga Basics, week 2/6 – Danette Watt & Andrea Chancey	20	21
22	23 10:00-11:00 am – Hatha Yoga – Aly Slaughter ***** 6:00-7:00pm – Hatha Yoga – Andrea Chancey	24 9:00-10:00 am Yoga and Movement – Danette – ***** 6:30-7:30 pm – Yoga for Every Body – Gail Herzog	25 9:30-10:30 am Hatha Yoga – Emma Franklin ***** 6:30-7:30 pm – Hatha Yoga – Emma Franklin	26 9:00-10:00 am Hatha Yoga – Danette Watt ***** 6:00-7:00 pm – Yoga Basics, week 3/6 – Danette Watt & Andrea Chancey	27	28 ***** 1:00-2:30 pm – Using Yoga to Overcome Bad Habits, \$15 – Amanda Lippner
29	30 10:00-11:00 am – Hatha Yoga – Aly Slaughter – canceled today ***** 6:00-7:00pm – Hatha Yoga – Andrea Chancey					

September 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/Aly

Join Aly Slaughter, 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.

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.

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.

Yoga Basics: Introduction to Yoga, Thursdays, Sept. 12 – Oct. 17, 6:00-7:10pm, Danette Watt, RYT & Andrea Chancey, RYT. \$60; sign up with a friend and pay \$55 each. Preregistration/payment required. In this 6-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/sign-up.

Using Yoga to Overcome Bad Habits, Sat, Sept. 28, 1:00 – 2:30pm \$15

Habits can be beneficial or harmful, difficult to develop or break. Amanda Lippner, BSW, RYT, will guide us in discussion about habits/addictions and lead us in a yoga practice designed to bring awareness to habits we want to break and how we can create new habits. Please pre-register at theyogaconnection.me/sign-up.