



Yoga & Wellness Classes



At the Cambridge Family YMCA



PRIVATE LESSONS—email smaher@cambymca.org for details.

Yoga Classes are included with YMCA Membership at an additional cost of \$10 per month

Yoga Membership: \$60/month on automatic withdrawal unlimited Yoga classes

One Month \$80 Drop In Fee: \$15/class
Ten Class Card \$135.00 expires (60 days from purchase)

See the Front Desk for more information.

www.cambridgeymca.org

Sunday

10:30-11:45 AM

Iyengar

Instructor: Jane

Monday

6:00-7:15 PM

Gentle Yoga

Instructor: Debbera

7:30-9:00PM

Intermediate Astanga

Instructor: Sandra

Tuesday

7:00-8:00 AM

Hatha

Instructor: Phoebe

8:00-9:00 AM

Hatha

Instructor: Phoebe

6:00-7:15 PM

Yoga of Energy Flow

Instructor: Daniel

Wednesday

6:45-8:00 AM

Meridian/Forrest

Instructor: Dorian

10:15-11:30 AM

Restorative

Instructor: Dorian

5:45-7:15 PM

Introduction to Astanga

Instructor: Sandra

Thursday

7:00-8:00 AM

Hatha

Instructor: Dorian

8:00-9:00 AM

Hatha

Instructor: Dorian

6:00-7:00 PM

Vinyasa Flow

Instructor: Ian

7:15-8:30 PM

Viniyoga

Instructor: William

Friday

6:45-8:00 AM

Meridian/Forrest

Instructor: Phoebe

10:00-11:15 AM

Gentle Yoga

Instructor: Debbera

Saturday

8:00-9:30 AM

Vinyasa Flow

Instructor: Kari

9:35-11:00 AM

Forrest Yoga

Instructor: Kari



Substitutions and cancellations will be posted on the studio door.



Cambridge YMCA

YOGA & WELLNESS

CLASS DESCRIPTIONS



Gentle Yoga

Instructor: Debbera

Yoga for those over the age of 50 or beginners. Gentle poses help you reduce your stress and achieve a state of relaxation.

Hatha

Instructor: Dorian / Phoebe

The way of yoga is to crush the agitations of the mind (as revealed in The Yoga Sutras of Patanjali), which in turn brings you to total mind-body relaxation. The physical strength and flexibility you develop through yoga will translate into strength and flexibility of the mind and spirit. Be prepared to play with the edges of your breath and body, to make new discoveries about yourself and to leave class feeling completely relaxed and rejuvenated.

Intro to Astanga

Instructor: Saundra

This power practice is taught in a manner that is easy to learn and non-intimidating. Classes are ninety minutes long and you will notice your heart rate will elevate as you develop breathing techniques that help you move. While performing sequential asanas, you will notice your strength and stamina developing and your lean muscle building. The emphasis in this class is on non-judgmental learning and on students having a good time while experiencing something new. Inversions and arm balances, prior yoga experience is helpful.

Intermediate Astanga

Instructor: Saundra

This powerful practice is for more experienced practitioners interested in further developing concentration, balance, breathing and stamina. Designed to make you sweat, the students learn to synchronize their breathing rhythms with fluid movements that carry them from one posture to the next while building muscle and increasing flexibility. Students will also be exposed to Secondary Series postures during this ninety minute class. Inversions and arm balances are standard, prior Astanga experience is needed.

Iyengar

Instructor: Jane

Iyengar's method focuses on precise alignment and building strength and tone in the body. Precision leads to safety in the asana (pose), it encourages mindfulness, discipline, and a deep awareness of the body.

Meridian/Forrest

Instructor: Phoebe / Dorian

Meridian Yoga is an active style of yoga that combines traditional yoga poses with resistance stretching. Muscles contract as they lengthen creating true flexibility, strength and release of tension. As muscle groups contract and stretch they stimulate the meridians, which are the energy pathways of the body, affecting an energetic shift towards health and balance. All are welcome.

Restorative Yoga

Instructor: Dorian

Relieve general tension and get more connected with restorative yoga. In this class we will use breathing techniques (pranayama) as well as both active and passive stretches to connect more deeply within the mind/body practice that is yoga. This enriching and self-empowering class will help you to access your own power to relax and ease both body and mind. This approach to opening is generally gentler and more subtle than active or hot forms of yoga, but results are profound and noticeable sometimes with one session. It is very helpful to have a restorative or gentle yoga practice in conjunction with an active practice. Come and join me in this exploration in the depth of self and deep inner peace.

Vinyasa Flow

Instructor: Kari / Ian

A challenging class, open to all levels. Synchronizing breath with movement (vinyasa), we will link poses (asanas) together in a flow that will warm the body and ease the mind. Improve strength and flexibility while relieving stress with these invigorating classes.

Viniyoga

Instructor: William

William's emphasis on safety and his clear teaching style will put beginners at ease, while yogis of all levels will enjoy the contrast of challenging practice followed by deep relaxation. Regular attendance at his classes will give you a strong, healthy back, improved posture and body use, and greater ease in the neck and shoulders.

Forrest Yoga

Instructor: Kari

Forrest Yoga focuses on getting connected to the core through invigorating asanas and conscious breath work. Classes are carefully constructed to loosen tension, strengthen muscles and open up new space in joints to explore the edges of flexibility. Students are encouraged to work within their limits, play with their physical and emotional edges and leave class feeling strong and centered.

Instructor: Daniel / Ian

Yoga of Energy Flow

Yoga of Energy Flow is a mixed level class that will harmonize body and mind with breathing exercises, flowing and sustained yoga postures, resistance stretching techniques, and meditation.