



# Yoga & Wellness Classes



At the Cambridge Family YMCA

Try a class in our new Yoga and Wellness Studio at 830 Mass Ave, right next door to the YMCA!



Yoga Classes are FREE with YMCA Membership (\$48/month)

Studio Membership: \$45/month for unlimited yoga classes  
Drop In Fee: \$12/class (1 hr), \$15/class (1 hr 15 min)  
Ten Class Card: \$100, good for any ten classes

See the Front Desk for more information.  
[www.cambridgeymca.org](http://www.cambridgeymca.org)

## Sunday

9:00-10:15 AM  
10:30-11:45 AM

Gentle/Beginners Vinyasa Flow  
Iyengar

Instructor: Dorian  
Instructor: Jane



## Monday

7:00-8:00 AM  
6:00-7:15 PM

Iyengar  
Gentle Yoga

Instructor: Jane  
Instructor: Debbera

## Tuesday

7:00-8:00 AM  
12:00-1:00 PM  
7:15- 8:15 PM  
8:30-9:30 PM

Hatha  
Vinyasa Flow  
Vinyasa Flow  
Restorative Yoga

Instructor: Catherine  
Instructor: Dorian  
Instructor: Kara  
Instructor: Dorian

## Wednesday

7:00-8:00 AM  
12:15-1:15 PM  
5:45-7:15 PM  
7:30-8:30 PM

Viniyoga  
Iyengar  
Intro to Ashtanga  
Kundalini

Instructor: William  
Instructor: Jane  
Instructor: Dorian  
Instructor: Armajit

## Thursday

7:00-8:00 AM  
7:15-8:30 PM  
8:30-9:30 PM

Hatha  
Viniyoga  
Meditation

Instructor: Catherine  
Instructor: William  
Instructor: William

## Friday

6:45-8:00 AM  
10:00-11:15 AM

Meridian  
Gentle Yoga

Instructor: Phoebe  
Instructor: Debbera

## Saturday

9:30-11 AM

Hatha

Instructor: Catherine





# YOGA & WELLNESS CLASS DESCRIPTIONS



## **Gentle Iyengar**

**Instructor: Jane**

We will practice restorative poses and focus on relaxation techniques. This is a quiet, meditative class focused on stress reduction. The class is gentle, and is open to students of all levels. Teaching and sequencing will be based on the Iyengar method.

## **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.

## **Gentle/Beginners Vinyasa Flow**

**Instructor: Dorian**

A yoga flow of movement (vinyasa) linking poses (asanas) to soothe the mind and strengthen the body. The emotional and physical body are eased and toned. This class is slower paced and new student friendly, as well as enriching for the more experienced student.

## **Hatha**

**Instructor: Catherine**

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 Ashtanga**

**Instructor: Dorian**

Suitable for the beginner and the experienced practitioner, this introduction will slow down the Ashtanga series to explore the asanas (poses) in a safe and challenging way that will deepen your practice. This is a vinyasa (flow) practice that links asana with breath. Ashtanga begins with sun salutations that heat the body, and then moves to sitting and standing postures. Focus on alignment and strengthening the core to prepare the body and mind for more challenging poses.

## **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.

## **Kundalini**

**Instructor: Armajit**

Kundalini is an ancient technology which incorporates breathing, yoga postures, mantras, mudras and meditations. These five components are used in specific combinations or sequences called Kriyas. Kriyas enable the creative energy (Kundalini) to flow and circulate up the spine. Thru this process we bring together the body, mind and spirit in an integrated experience of the universal self.

## **Meditation**

**Instructor: William**

The aim of this class will be to develop and hone students' awareness, increasing the ability to see things as they are. Relaxation, inner calm and stress relief are frequently reported benefits. A variety of techniques of Buddhist meditation will be taught from a non-religious perspective. They may include: breath focus, awareness of bodily sensations, noting thoughts, loving-kindness and walking meditation.

## **Meridian**

**Instructor: Phoebe**

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**

Our hectic lives often leave us feeling like we haven't given ourselves enough \*down\* time to unwind. Join us for restorative yoga to tap into your innate internal sense of peace. Get in tune with your body, breath fully and relax deeply. You will feel more at ease and feel a greater sense of balance with a regular restorative practice.

## **Vinyasa Flow**

**Instructor: Dorian**

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.

## **Vinyasa Flow**

**Instructor: Kara**

This class weaves a series of yoga postures through traditional sun salutations incorporating twists, hip-openers, back bends, and inversion preparations. Working towards the integration of breath (pranayama) and movement (asana) and built on a strong foundation of inner and outer structural alignment, we will create a balanced, moving meditation. All levels are welcome; some yoga experience is helpful.

## **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.