

Movement Opportunities 2016

Psychocalisthenics with Tony Martin

M-W 7:00-7:45 am, Th-F 7:00-7:30 am, Gorecki Center 204C

Psychocalisthenics is a series of 23 movements that combine yoga like stretches with deep breathing. The movements are designed to integrate mind, body and spirit and produce a vital flash of energy. All ages and levels of fitness welcome.

Vinaysa Flow Yoga with Dreia Spies

M-F 7:00-7:50 am, BAC: Helgeson Dance Studio

Vinyasa Flow falls towards the more vigorous end of the yoga spectrum. My goal will be to arrive at breakfast relaxed and energized, without breaking a sweat. Open to everyone, including complete beginners, with options for all levels. Please bring a mat if you have one.

Peace Prayer Dances with Barbara Christwitz

M-F 7-8 am, BAC: Studio Theater

Peace Prayer Dances are gentle movements and simple songs created to bless one another and to pray for world peace.

Acro Yoga with Justin Angelo

M, W, F 1:30-3:00 pm, Clemens Field House

'Acro yoga (often shortened to "acro") incorporates elements of yoga, acrobatics, Thai massage and dance. Often working with a partner, acro yogis learn and execute moves (like asanas) that facilitate strengthening, flexibility, agility and concentration. Acro is accessible to all individuals including those with no prior acro experience. With special emphasis, placed on safety and spotting, participants will cultivate community and trust, allowing them to progressively build an increasingly bold and complex practice.'

Triple Jewel Yoga and Writing with Ann Hostetler

T & Th 1:30 pm-3:00 pm, Claire Lynch Gym

The "Triple Jewel" is a practice based in yoga movements that incorporates meditation and writing. We will pay attention to our breath, explore simple yoga poses (can be adapted to any level of mobility), and use short spontaneous writing to respond to what our practice uncovers. "Triple Jewel" is a practice of inquiry that can be done in short periods every day, or expanded as desired. Participants will receive a brief description of how they can incorporate this practice into their every day lives.

Integration Yoga with Sandra Helpsmeet

M, T, Th, F 3:15-4:15 pm BAC: Helgeson Dance Studio

Take some integration time in your week, a chance for the mind to assimilate, the body to rest, and the heart to gently expand. We will move mindfully, breathe fully, and rest deeply. Please arrive promptly and bring a mat if you have one.

Yoga Nidra with Sandra Helpsmeet

W 3:15-4:15 pm BAC: Helgeson Dance Studio

Relaxing the body, quieting the overactive conscious mind, moving into a meditative state, gradually the brain waves slow down and a deep rest and 'unwinding' of the nervous system emerges. Please arrive promptly and bring two blankets or large towels. We will close the door at 3:20 to assure no interruptions for participants.

Merengue with Roni Burrows and Dave Nachman

M, W, F 4:30-5:30, BAC: Studio Theater

Merengue is an easy-to learn partner dance done to Latin Music. The fundamentals can be learned in minutes and variations are endless. No dance experience necessary, all are welcome!

Tai Chi Chi Gung with Vickie Aldrich

M-Th 4:30 pm, BAC: Studio Theater

Meditative whole body energizing activity done in a standing position.