

# Movement Opps

## **Psychocalisthenics with Tony Martin**

**7:00-7:45am Monday, Tuesday, Wednesday, Thursday, Friday O'Shea Lounge, 1<sup>st</sup> Floor**

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

## **Slow, Flowing Capoeira with Howard Gibbs-Hobgood**

**7:30-8:15am Monday, Tuesday, Wednesday, Thursday, Friday - Lawn behind St Vincent's**

For those familiar with capoeira, this is not the fast-moving, acrobatic flips type. It is Capoeira Angola, a relaxed, slow-moving, sometimes low fluid movement done to organic music, often involving partner interplay. You're free to move as lightly or intensively as you wish, or begin lightly and challenge yourself gradually, or stay light. It's up to you. The session will last about 45 minutes.

## **Vinaysa Flow Yoga with Dreia Spies**

**6:00am Monday, Tuesday, Wednesday, Thursday, Friday, Saturday – Gallagher Upper Level**

Vinaysa Flow falls toward 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. No shoes allowed on the wood floor in the gym- thanks

## **Ecstatic Dance with Howard Gibbs-Hobgood**

**4:30 Tuesday Academic 127**

A gently-guided moving meditation to evolving music. Danced free of conversation but with gentle reminders of focus, the music builds from slow to energetic and returns to slow again. There is no choreography – it is absolutely a personal journey to fully and physically express, your light within, in whatever way you feel embodies the music. Over the hour and a half, with continual motion and freely flowing partnering, the goal is a deepened meditative state and invigorated body. Bare feet, comfortable clothing and plenty of water are encouraged.