

Movement Opportunities 2015

For Yoga, bring a mat if possible, and a firm blanket or very large towel.

Psychocalisthenics 7-7:45 AM Mon-Wed, 7-7:30 Thu-Fri **Tony Martin**

Blue Ridge Multipurpose A & B - Everyone - 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.

Vinyasa Flow Yoga 7- 7:45 AM Mon-Fri **Dreia Spies**

Reed 201 - Open to all levels, including complete beginners- - Vinyasa Flow is on the more vigorous end of the yoga spectrum, a light energizing workout won't work up a sweat before breakfast,

Qi Gong 7- 8 AM Mon-Fri **Mary Jahntz**

Reed 201 - Beginners, all levels - Each day we will use physical movement, gentle breathing, and a relaxed, meditative state of mind to explore one of the five exercises associated with the Wu Xing Qi Gong, an easy-to-learn form to help us balance the five elements within our body for wellness and relaxation.

Practice Yoga Together 7-8AM Mon, Tue, Thurs **Deborah Jordan**

Blue Ridge Multipurpose D - Experienced practitioners - Opening Centering and closing Savasana frame a time where we can continue our personal yoga practice while experiencing the energy of being in the room together. The facilitator may occasionally offer some adjustments or ideas as well.

Integrative Yoga, Tue, Fri 3:15-4:30 **Geeta Jyothi McGahey**

Rec Center 207 Tue- Beginners, - Harmony for mind & body, especially the back and inner organs: Easy Joint-freeing exercises, Palm Tree Vinyasa, Surya Namascar, basic 10 postures, yoga nidra (deep relaxation) **Fri Intermediate** - Similar postures but holding them longer, adding variations, additional postures (warrior poses, wheel, peacock, head stand as appropriate).

Basic Introduction to Martial Arts Mon, Fri 1:30-3:00 **Patrick O**

Reed 201 -Comfortable Clothes, No Dresses Or skirts, if you have long hair pull it back No jewelry - Breathing exercises, Conditioning (Push ups, running, etc.), Punching, Kicking, and grappling practice, light sparring, and then closing exercises.

You Too Can Move! Mon, Tues 3:15-4:30 Jonna G. Detweiler
Coulter 103 - Exercises for Those with Pain or Physical Limitations - Exercises begin in chairs with arm and leg gentle movements, then continue with easy standing movements, as able. Based on land-adapted water exercises (Arthritis Foundation), Tai-chi movements and Laughter Yoga. Participants will feel an increase in blood circulation, flexibility, mental alertness, joie de vivre!

Mindful Yoga— Mon, Thur 3:15-4:30 pm Sandra Helpsmeet
Rec Center 207 - All levels Gently dropping attention into the body to ground and refresh, find the breath, move with attention, create space and ease.

Restorative Yoga and Meditation - Wed 3:15-4:15 Sandra Helpsmeet
Rec Center 207 - Everyone - Take a break in your week in deep stillness. Simple supported resting positions followed by guided meditation.

Meditative Yoga Class 4:30-5:15PM Wed Lynne Graham
Coulter 173 - Everyone -Using our body, breath, and mind we will explore movements, breathing techniques, chanting, and visualization to calm our spirits and relax our bodies.

Merengue! 4:30 - 5:30 Mon, Thurs Roni Burrows and Dave Nachman
Killian 108 - No dance experience necessary, all are welcome -Merengue is an easy-to learn partner dance done to Latin Music. The fundamentals can be learned in minutes and variations are endless.

Sacred Circle Dancing 4:30 - 5:30 Tue Janine Bruton
Killian 108 - Absolutely ALL are welcome. Sacred Circle Dances are set to music from all traditions. Easy to learn, no partners or dance experience is needed. As we dance, we go deeper into a place of joy and peace.