

Wellness Center Yoga For a Natural High

Mats available but bring your own if you have one.

CLASSES WILL BEGIN January 27, 2020

CLASSES ARE HELD IN ROOM 135 FORT AWESOME

<u>Day</u>	<u>Time</u>	<u>Classes - SPRING 2020</u>	<u>Instructors</u>
Monday	4:30-5:45pm	Vinyasa Yoga	Robbie
Monday	6:00-7:00pm	MELT method	Joy
Tuesday	1:00-2:00pm	Mindful Movement: Yoga & Meditation	Robbie
Tuesday	5:00-6:00pm	Pilates	Paul
Wednesday	12:00-1:00pm	Meditation Instruction & Practice	Nancy
		1st Wednesday of the Month is ENERGY HEALING	
Wednesday	1:00-2:15pm	Mindfulness Infused Ashtanga Yoga BEGINS 2/5/20	Olivia
Wednesday	3:00-4:00pm	Yin Yoga	Jane
Thursday	6:15-7:15pm	Twist and Detox	Nadeje
Friday	4:30-5:30pm	Hip Hop yoga	Aimee
Sunday	7:00-8:00pm	Power Vinyasa	Elise

Mindful Movement

A combination of Slow Restorative Flow and mindfulness meditation. An opportunity to become more connected with the present through mindfulness and yoga.

Yin yoga

A slow paced style of yoga in which the postures, or asanas, are held for a slightly longer period of time.

MELT

Designed to reconnect the whole-body communication, rebalance the nervous system, rehydrate the connective tissue, and release compression in joints using specialized techniques including soft body rollers and balls.

Power Vinyasa

Vinyasa style with emphasis on strength building

INSTRUCTORS

Robbie: Wellness Counselor/Certified Yoga Teacher

Jane, Aimee, Nadeje: Certified Yoga Teachers

Nancy: Director of Health Services/Meditation Instructor/Energy Practitioner

Elise, Olivia: Purchase student and certified yoga teacher

Paul: Pilates Instructor

Location: Wellness Center Fort Awesome, Room 135, in the *Yoga Room* (unless noted)

For Questions email Roberta.Morell@purchase.edu.

<https://www.purchase.edu/offices/wellness-center/yoga-schedule/>

