

STRATFORD CONTINUING EDUCATION

Fall 2022 Class Schedule

Location key: SES – Stratford Elem Gym

9/21/22

COURSE TITLE	INST	DAY	TIME	X	FEE	DATES	NOTES
MARSHFIELD 'AM' YOGA							
Yogatone	Cathy T	M	9:00 - 10:00am	9	\$38.50*	10/10 - 12/5	Good Shepherd Church
Gentle Vinyasa Flow Yoga	Spring	W	8:30 - 9:30am	9	\$38.50*	10/12 - 12/7	Good Shepherd Church
Gentle Yoga	Cathy T	W	10 - 11:00am	9	\$38.50*	10/12 - 12/7	Good Shepherd Church
Vinyasa Flow Yoga	Cathy T	F	9:00 - 10:00am	9	\$38.50*	10/7 - 12/9	Good Shepherd Church
MARSHFIELD 'PM' YOGA							
Vinyasa Flow Yoga	Helen	M	5:30 - 6:30pm	9	\$43.00*	10/17-12/12	Wesley United Methodist
Gentle Yoga	Christine J	M	5:45 - 6:45pm	9	\$38.50*	10/10 - 12/5	Good Shepherd Church
SPENCER YOGA							
Gentle Yoga	Cathy T	TH	6:00 - 7:00pm	9	\$43.00*	10/13 - 12/8	St. John's Fellowship Hall
STRATFORD YOGA							
Gentle Yoga	Christine J	W	6:30 - 7:30pm	9	\$35.00*	10/12- 12/7	SES Elementary Gym

*Supplies required (see below)

COURSE DESCRIPTIONS

Gentle Vinyasa Flow Yoga If you feel yourself transitioning from the constant demand of our culture into a more focused and intentional lifestyle, try this class with Spring. Begin by settling in, followed with stretches that warm your body and ready you for a short Vinyasa flow. The class continues with balancing poses, and winds down with seated and lying down stretches and twists. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket.

Gentle Yoga This Hatha yoga style class will include a slow flow that connects poses with the breath, along with poses to promote flexibility, balance and strength. Special focus will be placed on connecting with yourself and your present condition, promoting self awareness. You will be encouraged to explore the idea that the poses are for the body, the body is not for the pose. Alternate postures will be offered. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket. **NOTE: No class Thurs 11/24 SPENCER**

Vinyasa Flow Yoga "Vinyasa" means "breath-synchronized movement" or moving from one pose to the next on an inhale or an exhale. This class offers basic yoga postures in a flowing sequence leading into balance poses and relaxing stretches. Vinyasa has both mental and physical benefits. Physically, the flowing portion expels toxins and re-energizes the body. Mentally, the synchronized breathing relaxes the mind and helps to release any blockage of energy flow throughout the body. If you like to focus on the power of breathing and flowing movement through poses, you will enjoy Vinyasa. Prior Yoga experience is helpful but not required. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket. **NOTE: No class Friday 11/25 MFLD**

Yogatone Cathy combines the classic principles of yoga with strength training (with hand weights). The addition of hand weights to a yoga program has fantastic benefits for those with low bone density conditions such as osteoporosis. Weight-bearing exercises can help in growing denser and stronger bones, over time. Yoga increases flexibility and mobility of the joints. The added weights increase the resistance of the exercise to help improve muscle tone and strength. Yogatone offers the best of both exercises in one session. The outcome is great body tone, longer leaner sculpted muscles, and extra flexibility. **SUPPLIES REQUIRED:** Yoga Mat; Hand weights (your choice of weight); Water.

TO SIGN UP FOR A CLASS:

www.tsu.me/fall2022classes