

# STRATFORD CONTINUING EDUCATION

## Fall 2023 Class Schedule

Location key: **SES** – Stratford Elem Gym **SHS** – Stratford High Gym **BOLD** = NEW

8/10/23

COURSE TITLE	INST	DAY	TIME	X	FEE	DATES	NOTES
<b>MARSHFIELD 'AM'</b>	<b>YOGA</b>						
Yogatone	Cathy T	M	9:00 - 10:00am	13	\$52.00*	9/11 - 12/4	Good Shepherd Hall
Gentle Vinyasa Flow Yoga	Spring	W	8:30 - 9:30am	13	\$52.00*	9/13 - 12/6	Good Shepherd Hall
Gentle Yoga	Cathy T	W	10 - 11:00am	13	\$52.00*	9/13 - 12/6	Good Shepherd Hall
Vinyasa Flow Yoga	Cathy T	F	9:00 - 10:00am	12	\$48.00*	9/15 - 12/8	Good Shepherd Hall
<b>MARSHFIELD 'PM'</b>	<b>YOGA</b>						
Gentle Yoga	Christine J	M	5:45 - 6:45pm	12	\$48.00*	9/18 - 12/4	Good Shepherd Hall
Yoga for Every Body	Cathy T	TH	5:30 - 6:30pm	11	\$44.00*	9/21 - 12/7	Good Shepherd Hall
<b>SPENCER YOGA</b>							
Gentle Yoga	Cathy T	M	6:00 - 7:00pm	10	\$43.00*	9/25 - 11/27	St. John's Fellowship Hall
<b>STRATFORD YOGA</b>							
Gentle Yoga	Christine J	W	6:30 - 7:30pm	10	\$43.00*	9/27 - 11/29	Zion Family Center

\*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 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 poses are for the body, the body is not for the pose. Modified poses will be offered. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket.

**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 11/24**

**Yoga For Every Body** Beginners to advanced Yogis welcome! This Hatha Yoga course with Cathy will include yogic breathing to reduce stress, asanas (yoga poses) to promote flexibility, balance and strength, and relaxation exercises to create an awareness and calm the mind. Special focus will be placed on alternative postures or positioning. A slow flow Vinyasa style will synchronize movement with breathing. Previous yoga experience helpful. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; blanket. **NOTE: No class 11/23**

**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/fall2023classes](http://www.tsu.me/fall2023classes)