

# STRATFORD CONTINUING EDUCATION

## Fall 2025 Class Schedule

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

8/9/25

COURSE TITLE	INST	DAY	TIME	X	FEE	DATES	NOTES
<b>MARSHFIELD 'AM'</b>	<b>YOGA</b>						
Yogatone	Cathy T	M	8:30 - 9:30am	15	\$60.00*	9/8 - 12/15	Good Shepherd Hall
Yogatone	Cathy T	M	10 - 11:00am	15	\$60.00*	9/8 - 12/15	Good Shepherd Hall
<b>NEW</b> Yoga For Life	Spring	T	9:00 - 10:00am	15	\$60.00*	9/9 - 12/16	Good Shepherd Hall
Yogatone	Cathy T	W	8:30 - 9:30am	15	\$60.00*	9/10 - 12/17	Good Shepherd Hall
Gentle Yoga	Cathy T	W	10 - 11:00am	15	\$60.00*	9/10 - 12/17	Good Shepherd Hall
<b>NEW</b> Gentle Vinyasa Flow Yoga	Cathy T	F	9:00 - 10:00am	15	\$60.00*	9/5 - 12/19	Good Shepherd Hall
<b>MARSHFIELD 'PM'</b>	<b>YOGA</b>						
Gentle Yoga	Christine J	M	5:30 - 6:30pm	13	\$52.00*	9/15 - 12/8	Good Shepherd Hall
Yogatone	Christine J	T	5:30 - 6:30pm	13	\$52.00*	9/16 - 12/9	Good Shepherd Hall
Yoga for Every Body	Cathy T	TH	5:30 - 6:30pm	12	\$48.00*	9/18 - 12/11	Good Shepherd Hall
<b>STRATFORD YOGA</b>							
Gentle Yoga	Christine J	W	6:30 - 7:30pm	11	\$49.50*	9/17 - 11/26	Zion Family Center
<b>SPENCER YOGA</b>							
Gentle Yoga	Cathy T	M	6:00 - 7:00pm	10	\$45.00*	9/22 - 11/24	St. John's Fellowship Hall

\*Supplies required (see below)

## COURSE DESCRIPTIONS

**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 offered. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket.

**"NEW" Gentle Vinyasa Flow Yoga** "Vinyasa" means "breath-synchronized movement" or moving from one pose to the next on an inhale or an exhale. Gentle Vinyasa focuses on slow, deliberate movements, emphasizing smooth transitions and mindful breathing, making it suitable for all experience levels. It's a nurturing and relaxing practice, ideal for those seeking to enhance flexibility, improve body awareness, and cultivate a meditative state. If you like to focus on the power of breathing and flowing movement through poses, you will enjoy Gentle Vinyasa. Prior yoga experience helpful, but not necessary. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket. **NOTE: No class Friday 11/28**

**Yoga For Every Body** 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. Prior yoga experience helpful, but not necessary. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; blanket. **NOTE: No class Thurs 11/27**

**"NEW" Yoga for Life** (Similar to Gentle Yoga) Meet to embrace a common goal: Practice within our limits to maintain a high quality of life. Based on Hatha Yoga poses developing strength, flexibility, endurance, and balance. Classes will include exploration and awareness of stretching vs. strength building, the importance of core strength and engagement for spinal stability, standing poses, breath work, balance, and everyone's favorite Savasana (resting posture). Beginners to advanced Yogis welcome! **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; blanket.

**Yogatone** This class combines the classic principles of yoga with strength training using free weights. The addition of hand weights to a yoga program may have 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:**

<https://tsu.me/fall2025classes>