

# STRATFORD CONTINUING EDUCATION

## Winter/Spring 2023 Class Schedule

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

2/22/23

COURSE TITLE	INST	DAY	TIME	X	FEE	DATES	NOTES
<b>MARSHFIELD 'AM'</b>	<b>YOGA</b>						
Yogatone	Cathy T	M	9:00 - 10:00am	16	\$60.00*	1/16 - 5/1	Good Shepherd Church
Gentle Vinyasa Flow Yoga	Spring	W	8:30 - 9:30am	16	\$60.00*	1/18 – 5/3	Good Shepherd Church
Gentle Yoga	Cathy T	W	10 - 11:00am	16	\$60.00*	1/18 - 5/3	Good Shepherd Church
Yoga For The New You	Spring	TH	9:00 - 10:00am	12	\$48.00*	2/9 - 5/18	Good Shepherd Church
Vinyasa Flow Yoga	Cathy T	F	9:00 - 10:00am	16	\$60.00*	1/13 - 4/28	Good Shepherd Church
<b>MARSHFIELD 'PM'</b>	<b>YOGA</b>						
Vinyasa Flow Yoga	Helen	M	5:30 - 6:30pm	12	\$48.00*	1/23 - 5/8	Wesley United Methodist
Gentle Yoga	Christine J	M	5:45 - 6:45pm	16	\$60.00*	1/16 - 5/1	Good Shepherd Church
<b>Yoga for Every Body</b>	<b>Cathy T</b>	<b>TH</b>	<b>5:30 - 6:30pm</b>	<b>11</b>	<b>\$44.00*</b>	<b>3/2 - 5/11</b>	<b>Good Shepherd Church</b>
<b>SPENCER YOGA</b>							
Gentle Yoga	Cathy T	M	6:00 - 7:00pm	10	\$48.00*	2/20 - 4/24	St. John's Fellowship Hall
<b>STRATFORD YOGA</b>							
Gentle Yoga	Christine J	W	6:30 - 7:30pm	11	\$42.00*	<b>3/1 - 5/10</b>	SHS 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 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 evening class Monday 2/6, 3/6, 3/13, 4/3 MFLD**

**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.

**Yoga For The New You** Are you curious about yoga? Are you looking for the right class to recommit to a yoga practice that was interrupted in 2020? Spring will begin this class with the basics. Warm cold muscles and joints with slow range of motion stretching. Connect breath and movement as we build into a gentle Vinyasa flow. Practice balance and gain flexibility. Let Thursday be your "feel good day". **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; blanket. **NOTE: No morning class Thursday 3/2, 4/6, 5/4 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.ttsu.me/wtrspg2023classes](http://www.ttsu.me/wtrspg2023classes)