

STRATFORD CONTINUING EDUCATION

Spring/Summer 2022 Class Schedule

Location key:

3/9/21

COURSE TITLE	INST	DAY	TIME	X	FEE	DATES	NOTES
MARSHFIELD 'AM' YOGA							
Gentle Flow Yoga	Josiah	M	8:30 - 9:30am	11	\$46.00*	4/4 - 6/20	Good Shepherd Church
Gentle Yoga	Spring	W	8:30 - 9:30am	12	\$50.00*	4/6 - 6/22	Good Shepherd Church
Gentle Flow Yoga	Josiah	F	8:30 - 9:30am	12	\$50.00*	4/8 - 6/24	Good Shepherd Church
MARSHFIELD 'PM' YOGA							
Gentle Yoga	Christine J	M	5:30 - 6:30pm	12	\$50.00*	3/28 - 6/20	Good Shepherd Church
Vinyasa Yoga	Helen	W	5:30 - 6:30pm	11	\$57.00*	3/30 - 6/22	First Presbyterian

*Supplies required (see below)

COURSE DESCRIPTIONS

Gentle Flow Yoga This class incorporates flowing sequences to warm up the body, focusing on alignment, strength, balance, and flexibility. Options for pose progression will be offered. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket. . **NOTE: No class Monday 5/30**

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 or positioning will be provided. **SUPPLIES REQUIRED:** Yoga mat; Optional (and very helpful for most): Yoga block; Yoga strap; cotton or wool blanket. . **NOTE: No class Monday 5/30**

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; blanket. **NOTE: No class Wednesday 5/11 & 6/1**

 **TO SIGN UP FOR A CLASS:**
www.tsu.me/spgsummer2022mfld

Please observe these rules at our classes:

- Try to maintain 6 foot distancing between participants
- If you are not vaccinated, Good Shepherd asks that you wear a mask
- Use hand sanitizer before and after each class.

WEBSITE : www.stratfordclasses.com

FACEBOOK: www.facebook.com/StratfordContinuingEducation