



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING SPECIALTY WORKSHOPS

DECEMBER WORKSHOPS SOUTHINGTON COMMUNITY YMCA

JOIN US AS WE HOST A VARIETY OF SPECIALTY WORKSHOPS INCLUDING:

- Sober Yoga
- Sound Bath Meditation
- Restorative Yoga

Classes will require registration and a fee. Members & Non-Members are welcome!

To register, visit the Membership Services Desk or call 860.628.5597.

No refunds available for missed classes.

Questions or Comments?

Contact Jolene Miceli for details!
jmiceli@sccymca.org or 860.426.9589



SCCYMCA.org

Wellness Workshops

Sober Yoga

Are you sober or even sober curious? We are offering a series of workshops to examine how sobriety and yoga can be great partners! A Gentle yoga class followed by an optional few minutes to discuss our theme or anything else that arises during practice. A mindful practice of awareness, breath, and movement with themes that connect to sober living. Studio 130

- Friday December 5th 7-8:15PM
- Friday December 19th 7-8:15PM

Full, Family, & Non-Members: \$5 per class

Sound Bath Meditation

Various musical instruments will be used to guide you into a deep meditative state. The vibrational energy will fill the room and penetrate your body to relieve stress, anxiety and promote an overall sense of well-being.

If you have neurological issues, please consult with your doctor prior to registering. Ages 18 and up. Participants should bring water.

Studio 130 – Wednesday 12/10 10:15-11AM

Full & Family Members: \$5 Non-Members: \$15

Restorative & More Yoga

A restorative class using the bolster, blocks, straps and a foam roller. Finding a way to release the body and go a little deeper into the poses. You will have the option to keep it restorative; fully relaxing into the support of the props or more like yin using less props. We will also find some myofascial release with the foam roller.

You must provide your own bolster.

Studio 130 –

- Friday December 12th 5-6:30PM
- Friday December 26th 5-6:30PM

Full & Family Members: \$10 Non-Members: \$25

