



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING SPECIALTY WORKSHOPS

MARCH WORKSHOPS SOUTHINGTON COMMUNITY YMCA

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

- Yoga/Pilates Fusion
- International Women's Day Yoga
- Begin Again: Yoga for Recovery
- Spring Equinox Sound Bath Meditation

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

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

Yoga/Pilates Fusion

This class will combine core-strengthening Pilates with flowing, heat building Vinyasa Yoga. The class will wind down with gentle poses and savasana.

Studio 130 – Wednesday 3/4 4:15–5:15PM

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

International Women's Day Yoga

Celebrate strength, resilience, and unity in this International Women's Day yoga experience. Join us for this empowering, music-driven flow designed to honor the power of women—past, present, and future. This class is open to all levels and welcomes anyone who wishes to honor the spirit of empowerment, equality, and collective support. Come ready to move, breathe, and rise together.

Studio 130 – Sunday 3/8 11–12PM

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



Begin Again: Yoga for Recovery

Begin Again: Yoga for Recovery (previously titled Sober Yoga) is a gentle, recovery-themed yoga class. If you struggle (or are in recovery) from addiction of any kind *OR* if you love someone who is struggling or recovering from addiction of any kind, you are welcome to join us. Begin Again: Yoga for Recovery offers a safe space to move and breathe with compassion and explore topics in recovery. There is a brief (optional) share component at the end of each class.

Studio 130–

- Friday 3/13 7–8:15PM
- Friday 3/27 7–8:15PM

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

Spring Equinox Sound Bath Meditation

Spring Equinox sound bath is a fully immersive meditative experience designed to mark the seasonal shift, bringing balance to the body and mind. Participants will be guided through a journey of renewal using crystal singing bowls, drums and chimes to release stagnant energy of the winter and welcome the fresh energy of spring.

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

Studio 130 – Friday 3/20 5:30–6:15PM

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