



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING SPECIALTY WORKSHOPS

APRIL WORKSHOPS SOUTHINGTON COMMUNITY YMCA

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

- **Begin Again: Yoga for Recovery**
- **Sound Bath Meditation**

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

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

See reverse side of this flyer for registration deadlines.

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

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 4/10 7-8:15PM**
- **Friday 4/24 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 4/15 10:15-11AM

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

