



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING SPECIALTY WORKSHOPS

MAY WORKSHOPS
SOUTHINGTON COMMUNITY YMCA

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

- **Begin Again: Yoga for Recovery**
- **Teen Athletes Yoga Workshop**
- **Restorative & More Yoga**
- **Sound Bath Meditation**
- **Kripalu Vinyasa**

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 5/8 7-8:15PM
- Friday 5/22 7-8:15PM

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

Teen Athletes Yoga Workshop

Improve mobility & mental focus! Enhance Performance!

Join us for a specialized yoga workshop designed specifically for teen athletes looking to improve flexibility, prevent injury, increase core strength, and elevate their performance in any sport. Athletes will learn practical tools to add to their training routines. All skill levels welcome! Ages 12-18

Studio 130 - Tuesday 5/12 5:15-6:15PM

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



Restorative & More Yoga

A restorative class using the bolster, blocks, & straps. 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.

- Friday 5/15 5:30-6:30PM
- Friday 5/29 5:30-6:30PM

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

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 5/20 10:15-11AM

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

Kripalu Vinyasa

Kripalu Vinyasa is an intentional practice that connects breath with fluid movement, compassionately facilitating an inward experience. It is a slower flow, creative and dynamic - a true Meditation in Motion.

Studio 130 - Wednesday 5/27 10:15-11:15AM

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