



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING SPECIALTY OFFERINGS

JULY & AUGUST OFFERINGS

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

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

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

Yin Yoga

Explore the power of yin yoga, a quieter practice to soothe the nervous system by holding poses for long periods of time. This is a slow-paced, passive style of yoga where seated or reclined poses are held for extended periods—typically 3 to 10 minutes. It targets deep connective tissues like fascia, ligaments, and joints rather than muscles, promoting flexibility, joint mobility, and nervous system relaxation.

Studio 130 – Wednesday 7/1 & 8/5 10:15–11:15AM

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

Meditation & More

With breath practices, we take over the breath and use it to build up energy or relax down energy. In meditation, we allow the breath to soften, and we use it as an anchor for the mind. Join us for Pranayama and Meditation, a seated class that can be done from the floor or a chair. Explore using your breath to expand awareness, and then spending some time in meditation to see what arises.

Studio 130 – Wednesday 7/8 & 8/12 10:15–11AM

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

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 7/15 & 8/19 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 7/22 & 8/26 10:15–11:15AM

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

Teen Athletes Yoga Workshops

Join us for a specialized yoga workshop designed specifically for teen athletes looking to improve flexibility, prevent injury, and elevate their performance in any sport. This session focuses on mobility, balance, core strength, breathwork and recovery techniques that support overall athletic development. Athletes will learn practical tools they can incorporate into their training routines.

Whether you're in-season or off-season, this workshop is a great way to stay strong, mobile and focused.

Studio 130 – Wednesday 7/29 10:15–11:15AM

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 7/10 & 8/7 7–8:15PM

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