



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING SPECIALTY OFFERINGS

SEPTEMBER OFFERINGS

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

- Yin Yoga
- Sound Bath Meditation
- Meditation & More
- Kripalu Vinyasa
- The Art of Stillness: Yin & 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.

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

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 9/2 10:15–11:15AM

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 9/9 10:15–11AM

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 9/16 10:30–11:30AM

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 9/23 10:15–11:15AM

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

The Art of Stillness: Yin & Restorative Yoga

Beginning with Yin Yoga to gently stretch deep connective tissues and melt tightness in the hips and spine. Transitioning into Restorative Yoga, using props to support the body in effortless shapes that completely soothe the nervous system. You will leave feeling grounded, spacious, and deeply refreshed.

Studio 130 – Friday 9/25 6–7PM

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