FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING SPECIALTY OFFERINGS

NOVEMBER OFFERINGS

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

- Yin Yoga
- Power Yin: Yang to Yin
- Meditation & More
- Restorative Yoga with Chakras
- Sound Bath Meditation
- Restorative Yoga with Crystal Sound Bowls

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 11/4 10:30–11:30AM

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

Power Yin: Yang to Yin

Start with an energizing, strength-building flow to build heat, then melt into long, floor-based holds that release tension and calm the mind. Balanced, restorative, and all levels welcome.

Studio 130 – Friday 11/6 5:30–6:45PM

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 11/11 10:30–11:30AM

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

Restorative Yoga Through the Chakras

The seven chakras, or energy centers running up the center of the body will be examined. Specific restorative postures will be used to help unblock these centers, further reducing tension within the body making full relaxation more accessible. By using soft music, gentle guided meditation and props such as blankets, bolsters, and yoga blocks, the body is fully supported in a series of comfortable positions meant to help you find deep relaxation.

Please dress in comfortable clothing with layers for warmth. Also bring 2-3 blankets from home to be used during the class. All other props will be provided.

Studio 130 – Saturday 11/14 10:30–12PM

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 11/18 10:30–11:15AM

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

Restorative Yoga with Crystal Sound Bowls

Take a peaceful pause during the busy holiday season with a restorative yoga practice accompanied by the soothing sounds of crystal sound bowls. Gentle, supported poses invite relaxation and ease while the sound bowls create a calming atmosphere for rest and stillness. All levels are welcome.

Studio 130 – Friday 11/20 5:30–6:30PM

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