FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING SPECIALTY OFFERINGS

DECEMBER OFFERINGS

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

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

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 12/2 10:30–11:30AM

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 12/9 10:30–11:30AM

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 12/16 10:30–11:15AM

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

Pilates Yoga Fusion

Burn off the holiday stress with core-strengthening Pilates and flowing, heat building Vinyasa Yoga. Ages 16 and up.

Studio 130 – 3 offerings this month!

Friday 12/4 6–6:45PM

Wednesday 12/9 4:30–5:30PM

Tuesday 12/15 5:15–6:15PM

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 12/11 5:30–6:30PM

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 12/18 5:30–6:45PM

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