

CLASS DESCRIPTIONS

Subtle® Yoga, Yoga for Relief (Sundays)-Mindful, trauma-informed instruction that focuses on subtle yoga, safe movement (mat or chair), with focus on pain and triggers. Class encourages flexibility and mobility and is designed for a person with chronic pain. You should experience lessened stress, anxiety, and mood imbalance. Chronic pain is often an emotional and physical experience due to an overactive pain response that may be overly sensitive to triggers that activate pain. With this class, you can recreate your pain experience to feel more in control in both your mind and body to lessen your distress and possible dependency on pain medications. Please consult your physician before attending the class for any participation modifications. A growing body of research demonstrates the efficacy of yoga for mental health, including the neurobiological benefits of this ancient practice. Subtle® Yoga is an exceptionally adaptable person-centered approach to yoga practice which may be tailored to clients with differing abilities. It fosters the development of attention and mindfulness, and promotes spiritual development in the context of any belief system. *Instructor: Maria S. White*

Good Morning, Yoga! (Mondays & Wednesdays)- Alignment-based yoga together with combination asanas. Morning meditation and breath help you greet the day. Students move in and out of poses, merging slowly and mindfully. Props may be used to fully extend into each posture. *Instructor: Sandi Hartz*

Chair and Standing Yoga (Mondays, Wednesdays and Fridays)- A fun and nurturing yoga experience without the fear or discomfort of getting up and down off the floor. Modifications and professional instruction ensure that you will gain strength, flexibility, balance and a deeper connection within. *Rotating Instructors (Kathleen Sweeney, Maria White, Marian Soss)*

Happy Hour Yoga (Mondays & Wednesdays)-Level I. Expand on the Beginner's class, build strength and flexibility with attention to detail. This class is designed for stress-release incorporating breath work, alignment-based yoga, and restorative poses. The class is appropriate for beginners, but all levels are welcome. Focus will be on basic alignment and asana using the breath. Join us and feel the stress melt away as you focus on being in the present moment... consciously breathing and moving! Props will be used for relaxation, preparation and restoration to observe alignment with increased clarity. All levels welcome. Chairs may be used. *Instructor: Pam Hester*

Tai Chi Chih (Mondays and Thursdays)- This beautifully modified version of Tai Chi Ch'uan, consists of 19 gentle, graceful movements that can be done by almost anyone. Tai Chi works with the building blocks of the universe--yin and yang, bringing balance to the chi or *energy* within us and our lives. **Instructor: BevWard**

Nia (Mondays & Wednesdays)- Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life - body, mind, emotions, and spirit - by engaging the senses and listening to the body. Nia is based on the intelligent design of the body. Each workout brings mindfulness to your dance movement experience, leaving you energized, mentally clear, and emotionally balanced. Nia cardio-dance workouts are non-impact, practiced barefoot, and are easily adaptable to individual needs and abilities. **Specialty Class. Instructor: Annie Sparks Poteat**

Beginner I Yoga (Tuesdays) - Using the Integral Yoga system this class is geared toward those new to yoga. We will be perfecting the poses with hands on assistance and modifications where needed, becoming more familiar with the breathing techniques and including deep relaxation and meditation. It is the perfect starting place to spring into other gentle classes offered at the Shift Studio. **Instructor: Kathleen Sweeney**

Therapeutic Yoga (Tuesdays) Slow, gentle, mindful movement that relieves tension, encourages healing, improves balance and flexibility, and brings a sense of inner calm and clarity. Learn to use specific yoga practices to address mental health and physical health issues. Beginner-friendly and suitable for all levels of experience. **Instructor: Jenne Sluder**

Yoga Flow + Core (Tuesdays)-An energetic Ashtanga-inspired flow set at a mindful pace with an emphasis on healthy alignment and use of breath to nourish vitality. Accessible to seasoned beginners and intermediate/advanced students. **Instructor: Jenne Sluder**

ELDOA Do you suffer from upper and/or lower back pain? Hip Pain? Neck Pain? Do you want to AVOID PAIN and ENHANCE OVERALL HEALTH? Come DECOMPRESS, LENGTHEN, and STRENGTHEN with the ELDOA spinal decompression stretches!! This unique myofascial stretching technique is NOT Yoga, and NOT Pilates! **Instructor: Jennifer Armstrong, PT**