

# the Yoga Center of Columbia

410.720.4340

www.columbiayoga.com



## Classes & Events For Seniors

We are proud to offer a broad selection of classes for all ages. Below are some offerings that are especially popular with, but not exclusive to, those who are 60 years young. Our teachers are highly trained and experienced; join us to have some fun, feel better, and enrich your life! Visit [www.columbiayoga.com](http://www.columbiayoga.com) for more details and to register.

### CLASSES

#### Gentle Yoga

Monday, 9:30am-11am - Colleen  
Monday, 1pm-2:30pm - Heather  
Tuesday, 9:30am-11am - Karla  
Tuesday, 4:30pm-6pm - Colleen  
Wednesday, 6:15pm-7:45pm - Lucy  
Thursday, 11:15am-12:45pm - Cathy  
Thursday, 4:30pm-6pm - Colleen  
Saturday, 9am-10:30am - Karla  
Sunday, 10:45am-12:15pm - Barbara

#### Yoga For Healthy Bones & Joints

Tuesday, 11:15am-12:45pm - Karla

#### Yoga For A Healthy Back

Wed., 11:15am-12:45pm - Melissa

#### Extra Gentle Yoga

Monday, 11:15am-12:45pm - Colleen  
Monday, 6:15pm-7:45pm - Lucy  
Wed., 11:15am-12:45pm - Cathy  
Thurs., 11:15am-12:45pm - Colleen

#### Gentle/Yoga I

Wed., 11am-12:30pm - Nancy  
Wed., 6:15pm-7:45pm - Debbie  
Friday, 11:15am-12:45pm - Debbie

#### Medical Qigong

Monday, 7pm-8pm - Jeri

#### Chair Yoga

Saturday, 10:45am-12:15pm - Barbara

#### Advanced Chair Yoga

Sunday, 9:00am-10:30am - Barbara

#### Pilates I

Tuesday, 8:00pm-8:50pm - Karen  
Wed., , 9:30am-10:20am - Karen  
Wed., , 5:15pm-6:05pm - Karen  
Friday, 11:15am-12:05pm - Jen

#### Pilates & Stretch I

Monday, 9:00am-9:50am - Karen  
Monday, 5pm-5:50pm - Karen

#### Women's Qigong 2

Thursday, 10:45am-12:15pm - Jeri

### MINI-SESSIONS

#### **Intro. To Women's QiGong I with Jeri Hemerlein**

Thursdays, 9:30am-10:30am, July 19 - August 23

#### **Pilates I with Karen Best**

Thursdays, 5:15pm - 6:05pm, July 19 - August 23

#### **Intro to Mindfulness Meditation**

##### *in the Plum Village Tradition*

Thursdays 8:00pm - 9:15pm, July 19 - September 6

#### **Beginners Yoga with Heather Thamer**

Saturdays, 11:30am - 1pm, September 1 - September 22

### MEDITATION

#### **Meditation Short Sitzings, No Charge**

Monday, 9am-9:20am - Rimmi Tuesday, 9:30am-9:50am - Kathy  
Friday, 9am-9:20am - Kathy Saturday, 8:30am-8:50am - Bit

#### **Meditation Group Suggested \$5 Donation for Charity**

Monday, 8:15pm-9:15pm with Kathy (for experienced meditators)

#### **Still Water Mindfulness Meditation** Sundays, 6:30pm

(newcomer orientation on the first Sunday, monthly, at 6pm)

### WORKSHOPS

July 13

**Restoratives, Reiki & Reflexology**  
with Linda Stevens (Also 8/10, 9/7)  
with Karen Best (Also 9/9)

July 15

**Radiant Peace Yoga Nidra Circle**  
with Melissa Lindon (Also 8/5, 9/16)

Sept. 8

**Your Knees: Use Don't Abuse!**  
with Lucy Lomax

Oct. 5-7

**What's Your Story? Understanding  
The Narratives That Shape Our Lives**  
with Janice Molinari

#### **Care Partner Yoga** (Gentle Seated Class) with Cathy Rees

*Designed for dementia patients and caregivers*  
Wednesdays, 1:00pm-2:00pm, FREE  
July 11, July 18, July 25, August 1  
August 29, Sept. 5, Sept. 12, Sept. 19