



Fall Class Schedule

In effect as of September 6, 2016

Monday:

- Mindful Morning Yoga, 6:30-7:45 am
- Gentle Hatha Yoga, 9-10 am
- Tai Chi, 6-7:30 pm (9/19-10/24)
(6-week series, \$80; free to members)

Tuesday:

- Mindful Morning Yoga, 6:30- 7:45 am
- Hatha-Vinyasa Mix Yoga, 4:30-5:45 pm
- Balanced Athlete®, 6-7 pm (starts 9/20)

Wednesday:

- Mindful Morning Yoga, 6:30-7:45 am
- Gentle Hatha Yoga, 9-10 am
- Barre, 4:30-5:30 pm
- Mindfulness Meditation, 6:00- 6:30 pm

Thursday:

- Mindful Morning Yoga, 6:30- 7:45 am
- Stationary Sequence Yoga, 4:30-5:35 pm
- Balanced Athlete®, 6-7 pm (starts 9/22)

Friday:

- Mindful Morning Yoga, 6:30-7:45 am
- Gentle Hatha Yoga, 9-10 am
- Stationary Sequence Yoga, 12-1 pm

Saturday:

- Balanced Athlete®, 9:30-10:30 am
- Barre, 11-12 noon

Sunday:

- Community Donation Stationary Series Yoga, 3:30-4:35 pm (no fee; all donations made given to charity)

*Fees: \$12/class (10-class pack \$80; \$100 monthly unlimited;
\$90 monthly on auto-pay program)*

Class Descriptions

Mindfulness Meditation:

A variety of techniques to tame, examine, and train your mind, including guided meditations that help you stay focused and grounded in the present moment.

Yoga:

Stationary: in 65 minutes we go through 33 poses and 2 breathing exercises to get your energy flowing as you build strength and explore the connection between body and mind. **Vinyasa:** in 60 or 75 minutes we flow on the breath through a series of postures, focusing on moving in the present moment. **Gentle Hatha & Mindful Morning:** combination of stationary and vinyasa poses for beginners and experienced alike, with an emphasis on alignment.

Balanced Athlete®:

Alignment-based mix of high & low intensity interval training that includes mindfulness, cardio, and full-body strength training. One purposeful hour of practice that increases focus, fat-burning, and aerobic capacity. These exercises will get you moving and keep you moving! For more info, see www.balancedathlete.com.

Barre:

Full body workout that weaves together elements of ballet, yoga, and interval training. We use your body weight, elastic bands, and light weights to perform micro movements that yield macro results.

Pilates:

Pilates Mat Classes are the floor work version of the Pilates method. These classes take place in a group setting using your body weight as the primary source of resistance. Focus is placed on precise movements originating from the center or core of your body. Working from the deepest layers of muscles, which stabilize and support your spine and pelvis, resulting in a strong, flexible spine with ideal posture and alignment.

Private Classes are available (\$85/hr)

93 Clinton Street, Delaware City, Delaware 19706

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Tai Chi Six-Week Class With Bill McCracken



Tai Chi Ch'uan is a martial art, meditative practice, and physical exercise that can cultivate physical, psychological, and spiritual health. As a meditative practice, Tai Chi combines slow, fluid motion, balance, coordination, and relaxation along with mindful breathing and awareness. As a physical exercise, it conditions the tendons and ligaments of the ankles, knees, and hips, which can help strengthen these areas and make them less prone to injury. The practice of Tai Chi is a beneficial exercise that focuses the mind while conditioning the body; and regular practice of Tai Chi can reduce stress, increase stamina, and strengthen the body and mind.

Mondays, 9/19-10/24

Fee: \$80 for the 6-week series

Free to members of Pea Patch Studio

Sign up at www.peapatchstudio.com

The second installment of the Tai Chi program offered at Pea Patch Studio will be a 6-week course which will be introducing the Yang Short form to beginners and working on the second section for intermediate students.

The first five-week sequence will teach the first 16 postures of the complete 37-posture set and is strictly for beginners. The second six-week class will focus on the first section of the form as well as moving into the second section of the form (beginners and intermediate students are welcome). Section two will work on postures 17-27 of the 37-posture set.

This complete form consists of 37 postures. Master Chen Man-Ching, a student of Yang Chen-Fu who created the current Yang family system of Tai Chi in the early part of the 20th Century, is responsible for creating the 37 posture Yang form. Master Cheng's style of Tai Chi emphasizes health and fitness, which was derived from his knowledge of Chinese medicine. Students will learn this form through class participation, instruction, and practice.



Bike and Yoga with Angie Hall

Cycling on the Mike Castle C&D Canal, with Yoga Warm Up, Brunch, and Cool Down



Meet up @ Pea Patch Studio, at the head of the Mike Castle C&D Canal Trail. Lots of free parking!

- Vinyasa warm up from 10 to 10:30
- Ride the Canal Trail; enjoy the beauty of the wetlands and the canal. 10:30 to 11:30
- Light brunch @ Aqua Sol 11:30-12:30
- Head back to the studio!
- Short class after our ride: 1:30-2:00

Saturday, September 24 from 10 am- 2 pm

Location:

Pea Patch Studio, 93 Clinton, Delaware City

Sign up @ [Pea Patch Studio](#)

Fee: \$30, includes brunch

About Your Instructor, Angie Hall, RYT-200

Angie completed her 200-hour yoga teacher training certification in March, 2011, and has been coaching and training clients since 2006. Her classes are charged with her positive energy and uplifting spirit. Angie started her fitness career as a gymnastics coach and trainer after 10 years as a top level competitive Junior Olympic gymnast. Angie loves movement and the outdoors— she incorporates her passion for movement, music, and mindfulness into every class. When she's not teaching, she's cycling, fishing, hiking, or otherwise enjoying the beauty of our world.

93 Clinton Street Delaware City, Delaware 19706

www.peapatchstudio.com For more information: heather@peapatchstudio.com



Mindfulness-Based Stress Reduction: an 8-Week Workshop with Bill McCracken, LSCW, ICADC

Mindfulness-Based Stress Reduction, or MBSR, is a unique program developed to help people better understand and work with all the stresses in their lives — medical, psychological and social. It's an education-based class in which you learn to bring the practice of mindfulness into your life, in both formal and informal ways. Learning goes on both within class sessions and at home through daily practice.

The curriculum consists of a range of formal mindfulness meditation practices including body scan, sitting meditation, gentle and mindful yoga and eating meditation. With the variety of practices offered, you will find a mindfulness practice to make your own.

Interactive learning modules include:

- The attitudinal foundations of mindfulness
- How our perceptions of the world influence our experiences and attitudes
- How our bodies react to stress and ways to reduce the negative effects of stress
- How our interpersonal expectations and communications affect us

Another powerful dimension to the course is the shared experiences of class members along the eight-week journey. Participants and teachers learn from, help and support each other. Many find that the weekly class is an oasis where they feel welcomed and can feel refreshed and restored.

Thursday Evenings from 6:00pm-8:30pm
Eight weekly classes and one daylong class.
Dates: Oct 6, 13, 20, 27; Nov 3, 10, 17; Dec 1
Saturday All Day Retreat Nov 12, 9:00 am—3:00 pm

Price: \$375.00
check with your health insurance carrier;
they may reimburse part of this fee

Location: Pea Patch Studio, 93 Clinton Street, Delaware City
Reserve your place in class @ www.peapatchstudio.com

An invitation to move toward greater balance, control and participation in your life...

Worldwide, tens of thousands of people have accepted this invitation. They are a lot like you, and they've learned to integrate stress-management skills into their everyday lives. Two decades of published research indicates that the majority of people who complete the Stress Reduction Program report:

- An ability to cope more effectively with both short and long-term stressful situations
- Lasting decreases in physical and psychological symptoms
- An increased ability to relax
- Reductions in pain levels and an enhanced ability to cope with pain that may not go away
- Greater energy and enthusiasm for life
- Improved self-esteem

About Your Instructor, Bill McCracken, LSCW, ICADC



Bill has been practicing various forms of meditation for 25 years. He is a Licensed Clinical Social Worker and Internationally Certified Alcohol and Drug Counselor. Bill's

experience as a teacher of mindfulness comes from his training with Jon Kabat-Zinn and senior teachers through The Center for Mindfulness at the UMass Medical Center. He has completed the 7-Day Intensive in Mind Body Medicine, the 9-Day Practicum, and the 10-Day Teacher Development Intensive classes required through the Oasis Institute for Mindfulness-based Education and Training and is recognized as a teacher of Mindfulness Based Stress Reduction (MBSR). Bill currently practices in the Korean Zen tradition. He received ordination as a Dharma Teacher in 2005 and later as a Senior Dharma Teacher in 2011. He currently serves as the Head Dharma Teacher and Abbot of the Delaware Valley Zen Center in Newark, DE and as a facilitator at the Open Heart Zen Sangha in Wilmington, DE.