

ArtsCaravan Spring/Summer 2010 Yoga Schedule

June 1st to September 6th 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30 -11:00 All Levels 1-2-3 Laurie		9:30-11:00 All Levels 1-2-3 Laurie	9:30-10:30 <i>Nia Dance</i> No classes in August Eve	10:00 – 11:15 Level 1-2 Laurie	9:00-10:30 Intermediate Laurie
	11:00-12:00 Teen Yoga Workshop July 13, 20, 27 Laurie			11:00-12:00 Teen Yoga Workshop July 15, 22, 29 Laurie		10:15-11:45 <i>Dancing Yoga</i> Helena
7:00-8:00 Laban/Bartenieff Movement 6 wks 6/28-8/2 teens & adults Must pre-registerRosemary	7:00-8:15 All Levels 1-2-3 Laurie					

Class Descriptions

Adult Yoga

Beginning/Level 1 Yoga-An introduction to the basics of yoga, including breathing techniques, stretching, yoga postures, meditation and relaxation, offered in a supportive manner designed to leave the student feeling the joy of yoga.

Level 1-Designed for students with prior knowledge of the basics of yoga, who wish to continue their ongoing process of self awareness through added breathing techniques and poses, deepening meditation and relaxation techniques.

Level 2-Classes designed for the intermediate student with at least one year prior experience, offering more challenging posture flows, delving into deeper practices with breath work and meditation.

Level 3-For advanced practitioners wanting to explore their “edge” through advanced postures, yoga flows, breathing techniques, and meditation.

Open/All Levels-Designed for level 1, 2 and 3 students, offering modifications where needed, helping students find a level of comfort within their personal practices.

Gentle Flow-For those in need of a slower paced practice, with an emphasis on breathing, stretching and flow between yoga poses. Modifications are offered for physical limitations in a gentle, supportive manner, encouraging self-awareness and acceptance.

Dancing Yoga-Nourishes your dancing spirit, while enriching your yoga practice. Combines yoga into dance sequences developed to inspire joy. Intermediate level yoga experience suggested.

Laban/Bartenieff Movement and Exercise helps us understand how movement occurs in order to recreate movement and enable efficiency. Developed through observation and experience of the performing arts, martial arts, pedestrian and work actions.

Nia Dance – Combines easy movements incorporating dance and other modalities from around the world, drawing even beginners to dance. Taught in a supportive manner, encouraging freedom of expression through the joy of movement. All levels welcome.

Private Lessons – scheduled with individual teachers by appointment. An ideal way to bring deeper awareness to specific areas of your practice.

Childrens and Teen Classes – run by appointment. Groups encouraged! We will develop a program specific to the needs of your group.

Call us at 232-0424 or email at info@artscaravan.com with any questions regarding our program.

8/15/2010