

ArtsCaravan Winter/Spring 2010 Yoga Schedule

February 1st to May 31st 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	NEW 9:30-11:00 All Levels 1-2-3 Laurie		NEW 9:30-11:00 All Levels 1-2-3 Laurie		9:00- 10:15 Gentle Flow Laurie	9:00-10:30 Level 2 -3 Laurie
11:00 – 11:45 Mommy & Me Ages 2 ½ - 4 Pre-registration required				9:30-10:30 Nia Dance Eve	NEW 10:30 – 11:45 Level 1-2 Laurie	10:15-11:45 Dancing Yoga Helena
Youth 1:00 – 1:45 Ages 4-6 Pre-registration required					Youth 12:30-1:30 Teens Laurie	
	Youth 4:45-5:45 Ages 8- 12 Laurie					NEW 4:30 – 5:45 Beginner/Level 1 Jane
	7:00-8:15 All Levels 1-2-3 Laurie					

Children's/Teens Yoga

Children develop body awareness and acceptance through an age appropriate combination of breathing techniques, meditation, yoga poses, and guided relaxation. Music, games, partner work, and art are integrated into the program.

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.

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.

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.

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

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

02/24/10