

# 2012 Winter Schedule

January 3 - March 31

## **Mondays**

6:00 - 7:00 am	Sunrise Yoga	Jennifer A	Sun Room
9:00 - 10:15 am	Vinyasa Flow	Jennifer A	Sun Room
5:30 - 6:45 pm	Gentle	Mary	Sun Room
6:30 - 8:00 pm	All Levels	Leta	Moon Room
7:00 - 8:15 pm	Yoga Fundamentals	Mary	Sun Room

## **Tuesdays**

10:00 - 11:30 am	All Levels Anusara	Mary	Sun Room
5:00 - 6:00 pm	<i>Holy Cross Yoga</i>	<i>Julie</i>	<i>Holy Cross</i>
5:30 - 7:00 pm	Kripalu Flow	Jozie	Sun Room
7:15 - 8:45 pm	All Levels Anusara	Julie	Sun Room

## **Wednesdays**

9:00 - 10:15 am	Vinyasa Flow	Jennifer A	Sun Room
10:30 - 11:45 am	Beginner	Jennifer A	Sun Room
4:00 - 5:00 pm	Kids Yoga (ages 6 - 9)**	Jozie	Moon Room
5:30 - 6:45 pm	Beginner Anusara	Jen	Sun Room
7:00 - 8:40 pm	Advanced Anusara Practice	Jen	Sun Room

## **Thursdays**

9:30 - 10:45 am	Gentle	Jozie	Sun Room
11:00 - 11:45 am	Playtime Yoga (kids 2.5 - 5)*	Jozie	Moon Room
1:00 - 1:45 pm	Mommy and Me*	Jozie	
5:30 - 7:00 pm	Intermediate	Leta	Sun Room
7:15 - 8:45 pm	Kripalu Slow Flow	Jozie	Sun Room

## **Fridays**

6:00 - 7:00 am	Sunrise Yoga	Jennifer A	Sun Room
9:00 - 10:15 am	Vinyasa Flow	Jennifer A	Sun Room
6 & 7 pm	Rotating Fri eve workshops series - see website for details		

## **Saturdays**

8:30 - 9:45 am	Beginner Anusara	Julie	Sun Room
10:00 - 11:40 am	Advanced Anusara Practice	Julie	Sun Room

## **Sundays**

9:30	Intro to Yoga Series	see web for details	
4:30 - 5:45 pm	Pre-Natal Yoga	Jen	Sun Room
6:00 - 7:30 pm	All Levels Anusara	Jen	Sun Room

\* **Playtime Yoga and Mommy and Me** runs in mini sessions - 4 weeks for \$40  
Session 1: Feb 2- 23; Session 2: March 1 - 22

\*\* **Kids Yoga** begins Feb 29 and runs 5 weeks (Feb 29 - March 28, \$50 for five classes)

## **Class Descriptions**

### **Yoga Fundamentals**

Yoga Fundamentals classes are a perfect way for new students to dip their toes into the pool of yoga. Spend time on the basics with clear instructor guidance. *60 minutes*

### **Beginner Yoga**

Enter the stream of yoga with beginning postures, breathing techniques, and yogic philosophy. Supportive, clear instruction and individual assistance provided. Become flexible, strong and centered! *75 minutes*

### **Intermediate Yoga**

For students ready to dive deeper, building skill and endurance in the practice. Take your practice to a deeper level, both in body and mind (asana and philosophy). *90 minutes*

**All Levels** is an open yoga practice for the community to flow together, to inspire and support each other in the joy of yoga. Modifications are offered for students of every experience level, so all are welcome.

*90 Minutes*

### **Gentle**

This class combines gentle stretching, restorative poses, yogic breathing, relaxation and meditation. Perfect for those who want to unwind, reduce anxiety and stress or have physical concerns or injuries. Cultivate self-awareness and self-love. By getting to know and trust your own body each student will find their perfect level of practice on any given day. *75 minutes*

### **Prenatal Yoga**

Honor this sacred time in your life with a gentle, strengthening and inspiring practice. Through yogic breath work and meditation, learn the fine art of relaxation to assist you in birth and the journey of parenting.

*75 minutes* We also welcome pre-natal students in Beginner and Gentle classes.

### **Advanced Anusara Practice**

Take it to the next level! Join your instructor in practice: together the class will explore more advanced asana, deepen their practice and expand their understanding of the philosophy and cosmology of Anusara Yoga. *100 min This class is for experienced yoga students.*

### **Kripalu Flow**

This class features a flow of breath and movement. The practice is suitable for all levels, offering challenges and modifications so that students can find their edge in each posture and take their practice to new levels of expansion and strength. *75 minutes*

### **Sunrise Practice**

Begin your day by awakening your muscles with stretching and strengthening asanas. Students will jump start new energy and life throughout the body while centering the mind. Leave class feeling rejuvenated, filled with much light and love. *60 minutes*

### **Vinyasa Flow**

This class is a dynamic flow of postures connected together by inhaling and exhaling new energy throughout the body. Vinyasa class is invigorating for the body and mind. Poses are sequenced together like a dance while adding some strengthening sequences. Students will use the breath to bridge the body and mind balancing the effort and effortless. *75 minutes*

### **Mommy and Me**

A postnatal yoga class for Mommy and Baby to enjoy together. Meet other moms and build community to support each other. Get your body back, clear your mind and help your heart open fully to this special (and challenging) time of life. *45 minutes*

# Winter Session Series

## Yoga Nidra

with Mary Sullivan

**Thursdays 6 - 7:30 pm**, \$16 or use class pass

January 5, February 2, March 1, April 5

Yoga Nidra is fondly called yogic sleep. A resting pose practice Yoga Nidra works with your mind to support clarity and ease. Join us to breathe shed light on your goals, set intentions and support sustained ease in your life.

## Journey Dance

with Jozie Ewart

**Fridays 7 - 8:30 pm**, \$16 or use class pass

January 6, February 3, March 2

**JourneyDance** is a grooving celebration that will have you loving your body and loving your life! Weaving simple, guided movement sequences and free exploration, JourneyDance reconnects you with your innate state of joyous well-being. Your mind becomes clear, free, and positive, and your body feels supple, energized, and powerful. Practiced to inspiring world music, your dance is an empowering journey to self-acceptance and transformation.

## Yoga to Relax and Renew

with Mary Sullivan

**Fridays 6 - 7:30 pm**, \$16 or use class pass

January 13, February 10, March 9, April 13

**Fill Yourself with Grace and ease!** Find deep levels of stress relief and renewal of energy with restorative yoga. Focus your heart on Peace, for yourself, for the world. This gentle, rejuvenating, uplifting experience will enhance emotional and mental balance.

## Family Yoga

with Jen & Sylvi Faldetta

**Sundays 2 - 3:00 pm**, \$10 for 2 family members or use class pass, \$2 for each additional person

January 15, February 12, March 25

**Family Yoga** is for children of all ages and the grown-ups who love them. Play and explore in this nurturing and uplifting class. Focused breathing, playful asanas & creative meditation combine to bring the family together.

## Yoga and Art

with Jozie Ewart

**Fridays 7 - 8:30 pm**, \$16 or use class pass **plus** \$5 materials fee

January 20, February 17, March 16

What a beautiful combination! In the first half of the class we will stretch and move, listen to inspiring music, and perhaps even dance. This will open the creative channels of our beings. Then we will allow the creative energy to flow from our bodies to the page, in images, colors, words. Each session will focus on a specific "project", or medium.

In January we will reinvent ourselves by making masks. As we create new personas we will shed the limitations of past disguises, allowing for authenticity to shine.

## Saturday Night Yoga Party

with Jen Faldetta

Saturday February 4

7:00 - 9:00 pm All Levels

\$16 drop in or use your class pass

Upbeat vinyasa flow style class set to music....A super fun and nurturing night out!

## **Intro to Tai Chi & Qigong**

with Laurie Demers

Tuesdays 6:00 - 7:00 pm All Levels

February 7 - 28

4 week series for \$40

Chi/Qi is the fundamental life energy responsible for health and vitality. Develop internal power and external flexibility, improve posture, balance & motor control while enhancing the quality of life. This course presents some basics in both Tai Chi and Qigong including slow graceful movements of muscles & joints, breathing techniques and meditations.

Laurie Demers has been teaching Health & Fitness for over twenty years. Since 1989 she has studied and taught Tai Chi Chu'an, Push Hand, Qigong & Sword with Masters Bow Sim Mark, Kumar Franzis, Sifu Stan Tabor as well as International Masters James Keenan & Chow Ling Chang.

## **Intro to Anusara Yoga**

with Mary Sullivan

**Sundays 9:30 - 10:45 am**, \$60 for 5 weeks

March 4 - April 1

Intro to Anusara Yoga is an introductory course for folks who are new to Anusara Yoga. The Universal Principles of Alignment and the foundations of Anusara Yoga Technology will be presented in a systematic clear way over the 5 week series to give you a solid foundation to begin your yoga practice and expand to future classes at Flowforms. Spend time on the basics with detailed instructor guidance.

# Flowforms Workshops

## Yoga for Birth

with Jen Faldetta

Sunday January 8

1-3:30 pm, \$60 per couple

Birth is a sacred rite of passage, to be honored and enjoyed. With a little humor and an open heart, couples come together to relate physically and emotionally. We'll meditate, stretch, try laboring positions, and discuss some techniques to help you through an optimal birth day.

## Enjoying the Liberating Freedom of Yoga: A Workshop in Five Playful Acts A Weekend of Anusara Yoga with Moses Brown

Friday, Saturday & Sunday, February 24-26

### Friday February 24

**6:30 - 8:30 PM:** Initiation and Inauguration: It is always best to start at the Beginning!

### Saturday February 25

**10:00 AM - 1:00 PM:** Nourishment: Growing into health and vitality

**3:00 - 5:00 PM:** Letting Go: Melting into Easefulness

### Sunday February 26

**9:00 AM - 12:00 PM:** Uncovering & Reclaiming the hidden treasures all of us possess.

**2:00 - 4:00 PM:** Meditation, Breathing, Resting: A portal to reuniting

Yoga offers us insights into the favorable use of our physical, vital, emotional, mental, and spiritual energies. Anusara Yoga offers us the opportunity to embody this philosophy as practice, as lived experience every day in the world, in full relationship to the world of form and in full relationship to absolute essence. It is both a challenge and a delight. To uplift the common and ordinary and to live in a state of joy-filled amazement, living in a way that keeps you feeling excited, connected, vibrant, and ALIVE. This workshop is suitable for all levels of yoga student.

### About Moses Brown:

Moses Brown is a Certified Anusara Yoga Teacher and Teacher Trainer who has been teaching throughout MD since 1991. Moses believes that yoga should be a heart-opening experience that is both supportive as well as empowering to the student. His teachings create an approach that are physically dynamic, mentally stimulating and therapeutic.

Spring Weekend Workshops

## **Deepening Your Yoga Practice with Jenny Otto**

### ***An Anusara Yoga Workshop Infused with Anatomy & Therapeutics***

**COST:** Early bird whole weekend \$135.00; After Dec 1, 2011 whole weekend \$150.00 ... or pay per session (*see prices below*)

#### **Saturday, June 9 12:00pm-3:00pm - \$60.00**

**HIP, HIP, HOORAY! Hip Opening Yoga Class:** The hip joint is one of the largest and most versatile joints in the body. In yoga, the full range of motion of the hip is addressed and alignment of the hips brings freedom to our spine, knees, ankles and addresses our gait and posture. In this workshop, we will work on stabilizing and increasing mobility in all of the movement of the hips.

#### **Saturday, June 9 - 4:30pm-6:30pm - \$40.00**

**DYNAMIC TWISTS:** We will explore moving dynamically using the deep core body to invite the musculoskeletal body to spread and open. You will gain a new perspective on twisting poses and practical principles of physical alignment and energetic flow.

#### **Sunday, June 10 - 10:00am-1:00pm - \$60.00**

**WHY SHOULDER THE BURDEN?:** The position of the shoulders have a profound effect on our breathing and sense of well-being. This workshop will focus on the neck, shoulders, arms and hands so that the arms can become the wings of the heart. Open to all levels and especially suited for anyone with shoulder or neck pain.

Flowforms Yoga 195 Lake Ave Worcester MA 01604