



# Fall 2021 Class Descriptions

## On-line & In-person Adult & Teen Classes with Montpelier Senior Activity Center

Registration Forms & Instructor Bios can be found on our Classes webpage: <https://www.montpelier-vt.org/751/Classes>. The Registration Form has full instructions for registration as well as Zoom training info. The order of classes below is the same as on the Registration Form. Membership information can be found at <https://www.montpelier-vt.org/364/Become-a-Member>. Call our office at 223-2518 or email [msac@montpelier-vt.org](mailto:msac@montpelier-vt.org) if you have questions.

### **Important Notes:**

- a. **On COVID guidance:** In early September, masks were required inside MSAC for all people regardless of vaccination status. The City of Montpelier (of which MSAC is a division/facility) is following CDC guidance based on current county transmission rates. Guidance updates will be posted on MSAC website and announced in weekly e-letter. Call if you have questions.
- b. **On Hybrid classes:** Three courses are being offered in hybrid format with options in-person and online. (Bone Builders with Laura Brown, two Moderate Yoga classes with Ron Sweet). Several instructors originally planning to do hybrid reversed their decisions during the surge in the Delta variant. If additional hybrid options become available, MSAC will communicate the updates. If you register for a hybrid class, please reserve in-person slots for those who don't have access to technology devices/Zoom. After 9/21, those who registered for Zoom options may transfer into the in-person sections if space allows. We ask that members commit to doing the entire series in one format or another.

## Fine Arts & Humanities

### **Drawing Basics**

with Janice Walrafen | at MSAC Art Room | 10 Thursdays, starts 9/30 | 1:00-3:00pm | Open to public | Ages 18+ | \$40 member/ \$65 public

Have you always wanted to draw, but not known where to begin? Do you love to draw, but need to set time aside to do it? This is a great beginner and refresher class. Most often working from life, each class introduces a different skill or lens to draw from including contour, value, color, perspective, foreshortening, portraits, proportions, composition, and more. Great foundational skill building and enjoyable time spent drawing. Please bring 9"x12" sketch pad (not newsprint), #2 HB pencils, eraser (knot kneaded). Other supplies needed throughout class will be a ruler, Prismacolor white pencil and Oil Pastels.

### **Drawing Nature**

with Janice Walrafen | at New Shelter in Hubbard Park | 10 Mondays, starts 9/27 | 1:00-3:00pm | Open to public | Ages 10+ | \$40 member / \$65 public

In this class we will look closely at nature's shapes and forms, step back to see the field of pattern, light and shadow, and explore the transformation of plants. Using pencil, pen and charcoal, we will draw from life and outside as much as possible. Open to all abilities. We will meet outside, distanced and masked, at the Green Mount Cemetery on Route 2 in good weather. Otherwise, classes will be on Zoom and members will be encouraged to find natural objects, plants, etc. in their home environments.

## **Film Appreciation: Creative Types**

with Rick Winston | at MSAC Community Room | 3 Fridays, starts 10/29 | 2:00-3:30pm | Open to public | Ages 12+ | \$20 member /\$30 public

There has been no shortage of excellent documentaries about creative people in various artistic fields. We will see three programs, with a dozen film clips each. The first session will focus on musicians and dancers (such as Paul Taylor, Thelonius Monk, Linda Ronstadt, Tanaquil LeClerq), the second on visual artists (W. Eugene Smith, Louise Bourgeois, Charles and Ray Eames), and third on filmmakers, theater performers, and writers (Dalton Trumbo, Toni Morrison, Terry Gilliam, Stephen Sondheim).

## **Opera IV: Opera Today: The 21st Century**

with Erik Nielsen | on Zoom | 10 Tuesdays, starts 9/28 | 2:30 - 4:00pm | Open to public | Ages 12+ | \$75 member / \$100 public

This class is a follow-up to Opera I, II and III, though taking the previous levels is not a pre-requisite for this course. After a little review we will cover the present century, including operas by some composers we encountered last term, such as John Adams, Anthony Davis and Philip Glass. We will also encounter some new names, such as Kaija Saariaho, Missy Mazzoli, Thomas Adès, and others. Once again, composer Erik Nielsen will lead the class and include his own opera, A Fleeting Animal, as one of the works to be presented. The class is open to anyone with curiosity about opera and a willingness to listen.

## **Painting at All Levels**

with Linda Hogan | at MSAC Art Room | 10 Mondays, starts 9/27 | 10:00am-12:00pm | Open to public | Ages 15+ | \$40 member / \$65 public

Explore the wonderful world of painting in acrylics, watercolors, oils, pastels, your choice. Bring your own ideas. There will be instruction, handouts, sharing our art and many new ideas and explorations offered to help you create your masterpiece. A great way to start the week by spending some time with a fine group of creative people!

## **Pastels: Intermediate & Beyond**

with Jeneane Lunn | on Zoom | 8 Wednesdays, starts 9/29 | 6:30-8:00pm | Open to public | Ages 18+ | \$35 member / \$60 public

This class consists of a 45 minute demonstration by the instructor and a 45 minute critique of work students have done during the week. Students will need to work on and complete artwork outside of class. Jeneane will be available to look at photos of students' artwork at any point during the week and send them suggestions via email or text. Usually suggestions will include an example created in

Photoshop. Using a Google Slideshow, we will be able to look at everyone's work, the suggested corrections and changes made by the artist/student. This class works best if you have a computer and a smartphone or a tablet and you know how to use it! We will be using Zoom. A materials list is available from Jeneane upon request, but this is not a suitable class for beginners as there will not be any immediate feedback. Please contact me if you have any questions. [jeneane.lunn@gmail.com](mailto:jeneane.lunn@gmail.com)

## **Digital Photography**

with Linda Hogan | at MSAC Activity Room | 10 Fridays, starts 10/1 | 10:00am-12:00pm | Open to public | Ages 15+ | \$40 member / \$65 public

In this workshop we will explore new ways of looking at things around us to make a picture something very special, and go deeper into the art of seeing. Each week we will take on a theme that will help broaden your understanding of capturing a perfect image that tells a good story. Half of the time we will explore color photography and the other half will be focused on the beauty of classic black and white imagery. Basic and interesting photography concepts will be explained as well as things you may want to know to prepare for an exhibit and/or selling your work.

You will need any kind of digital camera with a memory card or smart phone, a flash/thumb drive and a notebook and pen/pencil for notes. This is a fun class for all levels and through a series of weekly assignments and critiques will help open your eyes and give you skills, new image options and information that you can use for a lifetime of exploration for making better photos.

## **Rug Hooking**

with Pam Finnigan | at MSAC Art Room | 10 Wednesdays, starts 9/29 | 9:30-11:30am | Open to public | Ages 30+ | \$40 member / \$65 public

Pam is a certified rug hooking instructor who teaches both traditional and non-traditional techniques. Participants will need a rug hooking frame or 12 to 14-inch quilter's hoop, foundation cloth, rug hook, small pair of sharp scissors, a permanent marker and wool cloth or wool strips. A machine to cut wool is available for students to use during class. Supplies will need to be purchased by the student. Beginner and seasoned rug hookers are welcome. Beginning students will be called by the teacher prior to the start of class. Also, she will gladly answer any questions you might have.

## **Great Decisions**

with Barbara Thompson & John Turner | on Zoom | 9 Wednesdays, starts 9/29 | 10:00-11:30am | Open to public | Ages 14+ | \$50 member / \$75 public, includes book, links

Great Decisions (GD) gives opportunities to focus on current issues in world affairs, learn from others, and reach informed opinions. The longest running civic education program on U.S. foreign policy and global issues, GD is created by the Foreign Policy Association ([www.fpa.org](http://www.fpa.org)). New topics for 2021 are: "Global Supply Chains and National Security", "Persian Gulf Security Issues", "Britain after Brexit", "Great Power Competition in the Melting Arctic", "China and Africa", "The Two Koreas", "WHO response to Covid-19", and "The End of Globalization?" Registration fee includes Briefing Book on all 8 topics. (Optional subscription to Vimeo's PBS Great Decisions online videos is not included but available at a

discount -- information will be provided to those who register, and one DVD of the series is available for borrowing from the MSAC office by arrangement with Harry). Each week participants will read the briefing book before the Wednesday morning discussion. The first session will focus on (1) getting to know each other, (2) understanding how Zoom will work and (3) looking at how the seminar is laid out.

## **Poetry Workshop**

with Samn Stockwell | on Zoom | 10 Wednesdays, starts 9/29 | 9:00-11:00am | Open to public | Ages 18+ | \$40 member / \$65 public

This workshop will offer participants an opportunity to create and share poems with a supportive group. The workshop will use writing prompts for the creation of new poems and include discussions of how the poems work. We will talk about how to communicate the unique textures of our lives in our poems. Discussions of individual poems will begin with the positive and include practical suggestions for building a better poem.

## **Creative Writing** 2 class series on Mondays OR Tuesdays, both on Zoom

with Maggie Thompson | on Zoom | 10 **Mondays**, starts 9/27 | 10:00am-12:00pm | Only for MSAC members | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

with Maggie Thompson | on Zoom | 10 **Tuesdays**, starts 9/28 | 1:00-3:00pm | Only for MSAC members | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

Whether we journal , write letters, memoir, fiction, or creative nonfiction, writing gives pause to illuminate our life experiences, providing connections for our children and grandchildren, as well as for ourselves. Through the use of optional homework assignments and writing prompts in class, we will discover new angles to explore our stories. Along the way we will touch on craft elements such as setting, character development, imagery, and dialogue that will help shape our words and grow our skills as writers. Sessions will include sharing our work aloud (optional) and offering thoughtful discussion and robust encouragement. Classes are tailored to the aspirations of the participants. Lastly, writing with others at MSAC is fun, infused with insights and spice!

## **Slow Jam Drop-in Group for Music-making**

with experienced local musicians | at MSAC Community Room | Biweekly Thursdays, starts 9/30 | 6:00-8:00pm | Open to public | Age 14+ | Suggested donation: \$5 per session

The Montpelier Senior Center will offer a “Slow Jam” on an every other Thursday basis starting on Thursday, September 30th. The purpose of the Slow Jam format is to get the players familiar with the jam protocols associated with traditional and Celtic music as well as build confidence to participate in other jams. The session will start with a short instruction followed by playing familiar tunes at a slower than normal tempo and focus on playing by ear once the key of the song is announced. All acoustic instruments are welcome (no amplification please). Local musicians experienced in the jamming will lead the group. All ages and levels of playing are welcome to participate. These sessions are meant for beginning and intermediate level players with some basic familiarity with their instruments and will not include in-depth instrument instruction. These sessions focus on fun and learning. There is a suggested

donation of \$5 for each session that you attend to help support MSAC and the local musician leaders. No one is turned away for inability to contribute.

## **Active Living & Wellness**

**Bone Builders** (5 different class series, all twice weekly, 4 on Zoom only, 1 Hybrid option for in-person or on Zoom)

**Section A:** with Laura Morse | on Zoom | **12 wks, Mondays & Fridays**, starts 9/27 | 3:15-4:30pm | Only for MSAC members and city employees | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

**Section B & F:** with Laura Brown, Theresa Lever & Pat Carstensen | **Hybrid:** Options to register in-person (F) at MSAC Activity Room OR on Zoom (B). | **12 wks, Mondays & Thursdays**, starts 9/27 | 5:00-6:00pm | Only for MSAC members and city employees | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

**Section C:** with Tina Muncy | on Zoom | **12 wks, Tuesdays & Fridays**, starts 9/28 | 5:00-6:00 pm | Only for MSAC members and city employees; May become hybrid online and in-person | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

**Section D:** with Nancy Schulz | on Zoom | **12 wks, Tuesdays & Fridays**, starts 9/28 | 10:15am-11:30am | Open to public | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

**Section E:** with Joan Barrett, Jean Phillips & Barbara Ladabouche | on Zoom | **12 wks, Tuesdays & Thursdays**, starts 9/28 | 8:30-9:30am | Only for MSAC members and city employees | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

As we age, we all gradually lose muscle mass, bone density, flexibility, strength, and balance. The focus of Bone Builders is to diminish or avoid these negative consequences of aging. Instructors lead students through a series of warm-ups; leg, core and arm exercises; gentle stretches; movements to enhance balance; and a series of cool downs. We use hand and ankle weights which begin at one pound and increase incrementally according to student readiness. The entire class is done seated or standing; each student works at the level that's appropriate for them. Weights are provided to those who don't have their own. Choose a class that suits your schedule and find out why the Bone Builders program is so popular at MSAC!

## **The Anti-Inflammatory Diet**

with Lisa Mase | on Zoom | 1 Tuesday, 10/5 | 1:30pm - 3:00pm | Open to public | Ages 15+ | \$20 member / \$25 public

We will explore the common causes of inflammation and learn which foods are best for reducing and eliminating it. We will prepare and sample anti-inflammatory recipes and leave with inspiration for healthy cooking.

## **Movement for Parkinson's & Other Neuro-Movement Challenges**

with Mary Chris Delbina | at MSAC Activity Room | 10 Thursdays, starts 9/30 | 10:00-11:15am| Open to public | Ages 15+ | \$35 member / \$60 public

This class utilizes a variety of movement and dance modalities, dynamic imagery and visualizations to tap into your body intelligence. Create new neural pathways and strengthen movement patterns to help improve activities of daily living (ADL), increase range of motion and flexibility, postural stability, strength and social interaction. Class structure includes gentle movement fundamentals beginning in a chair, standing (adapted to chair as needs indicate), barre/chair exercises, and center work, progressing to across the floor and ending with individual and group dances. Infused with music that enlivens the spirit and invites creative expression. Individual experience is acknowledged, no matter the age and physical proficiency of the participant.

## **Next Level Beginners Pilates**

with Shannon Hepburn | on Zoom | 11 Mondays, starts 10/4 | 10:30-11:30am| Open to public | Ages 15+ | \$35 member / \$60 public

This class is for people who have previously taken a Beginner Pilates class and would like to repeat the class working at a gentle pace with reminders of the Basic Principles. Not limited to previous students of Shannon.

## **Pilates Express**

with Shannon Hepburn | on Zoom | 11 Wednesdays, starts 10/6 | 10:15-11:00am| Open to public | Ages 15+ | \$35 member / \$60 public

This class is for people who have completed the Pilates for Beginners class at MSAC (or individuals who have prior experience with Pilates). Start your day with a 45 minute flowing mat class that focuses on core engagement, strength, and stability. All exercises may be modified to suit individual needs. Participants should be able to move comfortably from a standing position to the floor.

## **Qigong Sampler**

with Ellie Hayes | Outdoors on 58 Barre Street Playground and indoors at MSAC Studio | 12 Wednesdays, starts 9/29 | 12:00-12:45pm| Open to public; may become hybrid online and in-person | Ages 12+ | \$35 member / \$60 public

In this class you will learn a number of qigong sets from various sources that you can use to develop your own home practice, or just enjoy at class once a week. Movements are simple, coordinated with the breath, and deeply calming. In good weather, class meets in the playground behind the senior center. In poor weather, class meets in the MSAC Studio on the second floor.

## **Tai Chi for Fall Prevention**

with Ellie Hayes and Dyne Sapp | Outdoors on 58 Barre Street Playground and indoors at MSAC Studio | 12 Mondays, starts 9/27 | 2:00-2:45pm| Open to public; may become hybrid online and in-person | Ages 12+ | \$35 member / \$60 public

Tai Chi Vermont's Fall Prevention Tai Chi Program is not just for folks with balance challenges. The simplified movements of this short form are easy and satisfying to learn, adaptable for all ages and abilities, and serve as an excellent introduction to basic Tai Chi principles. In these times of so much change and daily doses of worrisome news, establishing a Tai Chi practice can lend some stability and stress relief, mindfulness and enjoyment to your life. Please join us! Class will be co-lead by Ellie Hayes and Dyne Sapp and meet in the playground behind MSAC in good weather and in the second floor MSAC Studio in poor or cold weather.

## **Hua Yue Tai Chi**

with Ellie Hayes | Outdoors on 58 Barre Street Playground and indoors at MSAC Studio | 12 Wednesdays, starts 9/29 | 11:00 - 11:45am | Open to public; may become hybrid online and in-person | Ages 12+ | \$35 member / \$60 public

Hua Yue Tai Chi is an ancient form that predates the more familiar Tai Chi styles by hundreds of years. Features that differentiate this style of Tai Chi from others include the deliberate raising and sinking the qi, an emphasis on circular/spiral movement, and the foundation exercises: "rowing", "walking" and "standing". In this class, you will learn foundation practices that are applied to all movements, and the first section of the form. Ideally this class would meet in-person at least a few times, either indoors at MSAC or outdoors if the weather allows, but it can be conducted virtually.

## **Somatic movement: Calm your nervous system**

with Amy Lepage | on Zoom | 10 Tuesdays, starts 9/28 | 9:15-10:15am | Open to public | Ages 18+ | \$35 member / \$60 public

Empowerment through education, understanding and attention to yourself. Slow, focused, gentle movement actively engages the nervous system in a learning process called "neuromuscular retraining." This class focuses on stress relief, self-care, calming the nervous system, improving mobility, reducing aches, pains and habitual tension and movement patterns. Movements are done standing, sitting and lying on the floor. Modifications possible. Interested, but an individual session may be a good place to start? Email Amy as sliding-scale is offered to MSAC members and Amy is seeing clients in-person on Mondays or via Zoom.

### **11 Yoga series:**

#### **Listed approximately from gentler to more vigorous**

## **Chair Yoga**

with Ragan Sheridan | on Zoom | 12 Thursdays, starts 9/30 | 1:30-2:30pm | Open to public | Ages 18+ | \$45 member / \$70 public

This is a very gentle class done in a chair and standing. There is an emphasis on taking care of oneself through gentle movement, body and breath awareness to allow for improved mobility, balance and respiration, reduction in stiffness. Note: One-on-one yoga therapy sessions with Ragan are also available by separate registration at a discounted rate of \$35/hour for MSAC members.

## **Yoga for Osteoporosis & Osteopenia**

with Ragan Sheridan | on Zoom | 12 Fridays | 4:00-5:00pm | Open to public | Ages 18+ | \$45 mem. / \$70 public

This class will focus on awareness of correct body mechanics to reduce the risk of fractures as well as improving posture and balance, strengthening bones and increasing flexibility. We will also incorporate tools for stress management and increased well-being. We will be standing, on hands and knees and lying down. We will use the wall, chair, blankets, and modifications will be taught for individual needs.

Please contact [ragan@rootsofsupport.com](mailto:ragan@rootsofsupport.com) or 802-552-8995 for questions. Note: One-on-one yoga therapy sessions are also available by separate registration at a discounted rate of \$35/hour for MSAC members.

## **One-on-One Yoga Therapy Sessions**

with Ragan Sheridan | on Zoom | scheduling varies by individual | 55 minutes per session | Open to public | Ages 18+ | \$35 member / \$50 public

**What is yoga therapy?** Yoga therapy is a journey of healing, finding balance and integrating all aspects of ourselves- body, mind, emotions and spirit. It empowers individuals to take an active role in their health and wellness and can be used by itself, along with conventional medicine and with other alternative modalities. We use props for comfort and safety so literally any body can benefit. No previous yoga experience is required. **What to expect from a session?** We will create a personalized approach based on your specific symptoms, needs and goals to support you in finding relief, restoring balance and feeling better. **Who can benefit from yoga therapy?** Anyone suffering from illness, injury, chronic pain, exhaustion, stress, aging related changes, those looking for more energy and vitality as well as individuals wanting to create a personalized home yoga practice based on your needs. **How do I schedule my session?** First, register through MSAC. Next, contact Ragan Sheridan directly to schedule an appointment 802-552-8995 or [ragan@rootsofsupport.com](mailto:ragan@rootsofsupport.com). Appointments are available on Zoom.

## **Gentle Yoga**

with Patty Crawford | on Zoom | 12 Tuesdays, starts 9/28 | 9:00 - 10:15am | Only for MSAC members and city employees | Ages 50+ | \$35 Montpelier resident / \$45 non-resident

This class is an adaptive class designed to meet the physical & emotional needs of each individual student.

## **Moving Into Stillness: Yoga & Meditation**

with Sarah Parker-Givens | on Zoom | 12 Thursdays, starts 9/30 | 2:00-3:15pm | Open to public | Ages 18+ | \$45 member / \$70 public

Quiet the body and mind in this weekly yoga/meditation class. Each practice will begin with gentle movement and conscious breathing to prepare the body for meditation. Meditation techniques will vary and include chanting. Sarah specializes in breath-focused yoga for beginners and seniors. Visit [www.heartcenteredyoga.weebly.com](http://www.heartcenteredyoga.weebly.com) for more information about Sarah and her teaching.

## **Gentle Flow Yoga**

with Sarah Parker-Givens | on Zoom | 12 Wednesdays, starts 9/29 | 9:00-10:00am | Open to public | Ages 18+ | \$45 member / \$70 public

Gentle Flow Yoga is the linking of breath with gentle movement, a moving meditation that helps connect us with the present moment. Conscious breathing has a profound effect on the nervous system and our emotions. Join us as we practice mindfulness and active relaxation. This class will include getting up and down from the floor. Visit [heartcenteredyoga.weebly.com](http://heartcenteredyoga.weebly.com) for more information about Sarah and her teaching.

## **Moderate Yoga for Balance**

with Patty Crawford | on Zoom | 12 Thursdays, starts 9/30 | 10:00-11:15am | Only for MSAC members and city employees | Ages 50+ | \$35 Montpelier resident / \$45 non-resident

Yoga for Balance develops a focused and stable mind and strengthens the legs, feet, and core body. Using a combination of breath and balancing postures, flexibility and awareness are developed. Training the mind to focus and integrating the breath in repeated movement builds the strength required to stay in balanced postures for an extended period of time. Good balance and focused attention increases our ability to prevent serious injury.

## **Moderate Yoga to Improve Balance**

with Ragan Sheridan | on Zoom | 12 Thursdays, starts 9/30 | 3:00pm - 4:15pm | Open to public | Ages 18+ | \$45 member / \$70 public

In this class we will strengthen and increase flexibility of our feet, ankles, hips, our core, and back muscles as well as our overall posture to improve our balance. We will cultivate body awareness along with focused attention through mindful movement and we will use the breath to help us stay present in the moment through physical as well as life transitions. We will also look at where there is imbalance in the rest of our being and work with various tools to support overall balance of our body, emotions, mind and spirit. This is a moderate class for those experienced with yoga and able to get up and down from the floor comfortably and stand for extended periods of time.

**Moderate Yoga** : 2 class series on Mondays OR Thursdays, both classes on Zoom only  
(Hybrid cancelled 9/10)

Mondays with Ron Sweet | on Zoom (Section W) | 12 **Mondays**, starts 9/27 | 11:45am - 1:00pm | Open to public | Ages 18+ | \$35 member / \$60 public

Thursdays with Ron Sweet | on Zoom (Section Z) | 12 **Thursdays**, starts 9/30 | 11:45am - 1:00pm | Open to public | Ages 18+ | \$35 member / \$60 public

Learn to move with greater awareness and proper alignment while exploring the constant stream of subtle messages that your body offers as it guides you toward mindful movement, which helps lower the risk of injury on and off the mat. You'll learn to coordinate movement with breath to improve stability

and focus, help to reduce stress, all while maintaining and improving strength, balance, and flexibility. This class is more active than the gentle classes.

## **Moderate Flow Yoga**

with Sarah Parker-Givens | on Zoom | 12 Wednesdays, starts 9/29 | 5:00pm-6:15pm | Open to public | Ages 18+ | \$50 member / \$75 public

Flow Yoga is the linking of breath with movement. In this moderate flow class, we will focus on movement and postures that increase strength, flexibility and balance. Students must have prior yoga experience and be able to comfortably move from floor to standing. Sarah specializes in breath-focused yoga for beginners and seniors. Visit [heartcenteredyoga.weebly.com](http://heartcenteredyoga.weebly.com) for more information about Sarah and her teaching.

## **Yoga for Focus and Fitness: Strength and Flow**

with Monica DiGiovanni | on Zoom | 12 Wednesdays, starts 9/29 | 9:00-10:15 am | Open to public | Ages 14+, children under 18 may attend accompanied by a parent or alone by permission of the instructor and parent. | \$45 member / \$70 public

Do you enjoy physical activities such as running, cross-country skiing, dancing, biking, and hiking? This class is suitable for those with an active level of fitness. The use of props is strongly suggested to safely and comfortably explore the edges of your practice. Class begins and ends with meditation and gentle postures on the floor. The heart of class enjoys a core focused practice of isometric strengthening exercises interwoven with yoga postures of intermediate complexity. At the center of it all is a practice of compassion and acceptance of one's individual experience. Athleticism and previous yoga experience are recommended.

## **Space for your notes, plans, or questions:**