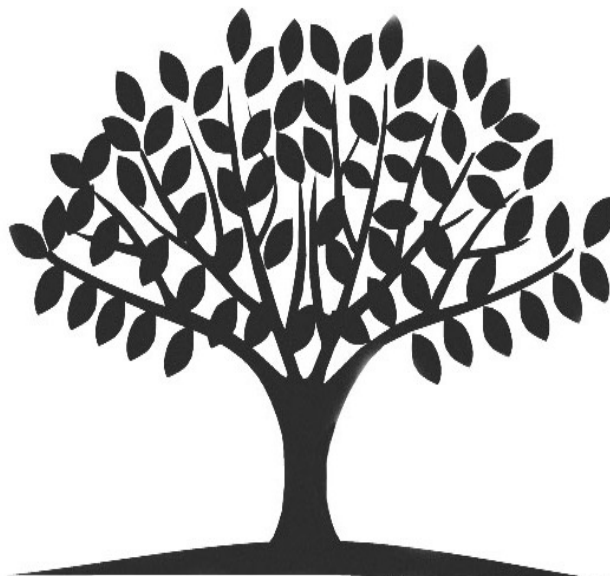


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YOGA LOFT



North Country Center for Yoga and Health

www.yoga-loft.org

CONTACTS ORGANIZATION / ADMINISTRATION

Rebecca Pickens

(315) 347-3040 rebecca@mindseyefarm.com

GENERAL CLASS QUESTIONS/CONCERNS

Alison McGinn

(315) 386-3040 aemcginn@gmail.com

SPECIFIC CLASS QUESTIONS

class instructor

January
thru April 2010

North Country Center for Yoga and Health
107½ Main Street
Canton, New York 13617

RETURN SERVICE REQUESTED

New workshop

New Year - New You!

Spend the day exploring ways to make those New Year's resolutions happen. This workshop works for ANY positive lifestyle change. By using art, movement, dialog and ceremony, we engage the whole body which greatly enhances a successful outcome. Includes a guided imagery CD. *Call to register. (No Drop-ins)*

SATURDAY, January 16 10:30 - 4:30pm

(lunch on your own 12:30-1:30)

workshop fee: \$85 (\$65 if you register by Jan.8)

Kathy Montan, BCET, RSMT

379-9218 kmontan@northnet.org

New workshop

Live Your Dreams!

sample an integrative coaching session

Life coaching is a practice that supports you in identifying and achieving your goals. Integrative Coaching is a cutting edge methodology designed to support you in becoming whole and fully expressed. Join this two hour workshop and begin to experience this process. *Call to register by January 15; register by January 1 and receive a \$5 discount. (No Drop-ins)*

SATURDAY, January 30 2:30 - 4:30pm

workshop fee: \$35

Debra Mitchell, MSW, LCSW-R, Certified Integrative Coach
244-3082 dmitchell317@twcny.rr.com

Belly Dance

Enjoy a beautiful, colorful expressive dance and a creative art form. The movements exercise and tone the body; the rhythms capture the heart and uplift the spirit, making this a healthy, fun dance for body, mind and spirit. Includes finger cymbals and veil work. *(Drop-in: \$13, call before coming)*

SUNDAYS (starting 1/3)

Intermediate 12:30 - 1:30pm

ongoing 4wks/\$40; 8wks/\$75

Nina Salaam Rivera

322-4381 starnu@localnet.org

Yoga Loft gift certificates
make great presents!
(call Rebecca Pickens: 347-3040)

New Tai Chi for Beginners

Tai Chi is a stress and tension reduction method, a health exercise, a moving meditation, a philosophical path to help navigate the challenges in life, and a system of self-defense (it is the "soft" martial art). Learn the principles of Tai Chi Ch'uan and the postures and transitions of the first section of the Yang-style short form. *(No Drop-ins)*

TUESDAYS 1:00 - 2:00pm

January 5 - March 9 10wks/\$100

Ann Heidenreich

379-0959 heidenreichann@gmail.com

New Children's Creative Dance Improvisation

Children love to move. Creative dance is a joyful way to explore movement through music. Fun, interactive expressions of ideas to music while learning elements of dance. For second and third graders. Limit: 12. *(No Drop-ins)*

WEDNESDAYS 3:30 - 4:15pm

January 6 - February 10 6wks/\$40

Edith Frazer

379-1313 frazer@twcny.rr.com

Pilates

Pilates stresses the importance of core muscles of the abdomen, back and buttocks, and works to strengthen the center, lengthen the spine, improve balance and posture. Exercises are interspersed with stretching and balancing. *(Drop-in: \$10; call before coming)*

MONDAYS 8:15 - 9:15pm

January 4 - February 8 6wks/\$50

February 15 - March 22 6wks/\$50

March 29 - May 3 6wks/\$50

THURSDAYS 7:00 - 8:00pm

January 7 - February 11 6wks/\$50

February 18 - March 25 6wks/\$50

April 1 - May 6 6wks/\$50

Susan Willson

566-9588 phlegopsis@gmail.com

for more information and updates go to
www.yoga-loft.org

New Pranayama

Relax with an ancient Indian meditation technique, based upon breath regulation; class ends in a guided imagery type of meditation where participants are completely relaxed. Improves the body's immune system, overall physical health and well being (ability to relax, center oneself, concentrate). Receive a sense of peace, calm and tranquility that lasts way beyond the hour of practice. *(Drop-ins always welcome!)*

Free class on Sunday, January 10, 11am-12pm
SATURDAYS 5:00 - 6:00pm (starting 1/16)
(no class 3/13, 3/20, 3/27)

MONDAYS 12:00 - 1:00pm (starting 1/11)
(no class 3/15, 3/22)

both classes ongoing; suggested donation: \$5

Somendra Pant

261-4750 somendrapant@yahoo.com

New Intro to Ashtanga Yoga

Ashtanga Yoga is a dynamic series of postures that works to improve flexibility, strengthen the body, produce energy and reduce stress. In this class you will learn and practice the Primary Series of Ashtanga Yoga as well as the fundamentals of yoga philosophy. Beginners welcome. *(Drop-in: \$15)*

TUESDAYS 7:15 - 8:45pm

January 12 - March 2 8wks/\$90

March 16- May 4 8wks/\$90

Vinyasa Flow Yoga

Link movement and breath in this energizing practice. Complete sun salutations and various standing and seated postures. Try some inversions and enjoy deep relaxation. Some yoga experience suggested; appropriate for those in good physical health. *(Drop-in: \$15)*

MONDAYS 6:30- 8:00pm

(no class 3/8)

ongoing, by class card

6 classes/\$66 or 12 classes/\$110

Sarah Scafidi-McGuire

767-0927 ncyoga@gmail.com



January - April 2010

and MEDITATION

Ease into Opening

A Yoga Workshop for Beginners

Come uncover the bliss that lies within you. Most of us live our lives with chronic tension that accumulates in the body. This tension shuts down the flow of *prana*, or life force in our bodies. We will release these underlying tensions to discover an ease in your body that you never imagined possible. Benefits include more vitality, reduced aches and pains, and increased contentment and joy in your life. Geared toward students with little or no previous yoga experience. Call to register. *(No Drop-ins)*

SATURDAY March 6, 2:30 - 4:30pm
workshop fee: \$30

New Prenatal Yoga

Increase your comfort level and prepare your body for labor and delivery with this practice designed especially for pregnant women. Meet other moms-to-be and savor some quiet time nourishing the new life within you. For women who have completed their first trimester of pregnancy, their partners and women or couples who are trying to conceive. *(Drop-in: \$18)*

SUNDAYS 4:00 - 5:30pm

January 3 - February 21 (no class 1/17, 2/14) 6wks/\$90

February 28 - March 28 5wks/\$75

April 18 - May 23 (no class 5/9) 5 wks/\$75

"Gentle" Svaroopa® (Bliss) Yoga

A very gentle yoga practice for students with limited mobility, chronic pain, illness or injury. Individualized attention will help you tailor the practice to meet your body where it is so that you can gain all the benefits of yoga without strain or exertion. A brief pre-registration phone interview is required for all classes. Limit: 12 participants. *(No Drop-ins)*

TUESDAYS 9:30 - 10:45am

Free drop-in sample classes Jan. 5, Feb. 23, Apr. 6

January 12 - February 9 5wks/\$75

March 2 - March 30 5wks/\$75

April 20 - May 25 6wks/\$90

Rebecca Rivers, RYT, CSYT

386-8461 northernlightyoga@gmail.com

Community Yoga

SATURDAYS 9:00 - 10:00am

ongoing, \$5/class

Drop in only, no registration required

A basic Hatha Yoga class for all levels of ability. Try it out.

Enjoy practicing yoga with others. *Ellen and Alison*

Mindfulness Meditation

The committed practices of meditation and mindfulness offer many benefits physically, psychologically and spiritually. Learn basic meditation techniques that support efforts to reduce stress and become more centered. Mindfulness exercises that enable a calm awareness also will be shared. *(Drop-in: \$15)*

FRIDAYS 6:00 - 7:30pm

March 5 - April 9 6wks/\$66

Ginger Storey-Welch

379-9564 nlb@northnet.org

Svaroopa® (Bliss) Yoga

Dissolve deep spinal tensions to improve balance, build strength, quiet the mind and cultivate an inner experience of bliss. Suitable for all levels of ability. Beginners welcome. *(Drop-in all classes: \$15)*

SUNDAYS 6:00 - 7:30pm

January 3 - February 7 (no class 1/17) 5wks/\$60

February 21 - March 28 6wks/\$72

April 18 - May 23 (no class 5/9) 5wks/\$60

MONDAYS 9:30 - 11:00am

January 4 - February 8 (no class 1/18) 5wks/\$60

February 22 - March 29 6wks/\$72

April 19 - May 17 5wks/\$60

WEDNESDAYS 5:15 - 6:45pm

January 6 - February 3 5wks/\$60

February 10 - March 17 (no class 2/17) 5wks/\$60

March 24 - April 28 (no class 4/14) 5wks/\$60

"Deeper Svaroopa" on TUESDAYS 5:00 - 6:45pm

January 5 - April 27 (no class 2/16, 4/13) *(No Drop-ins)*

(Instructor's permission required; call for more information)

Introduction to Yogic Meditation

An introduction to meditation from a yogic perspective. Find out about the many proven physical, mental and emotional benefits of meditation. Learn to sit with ease and discover simple, effective tools for quieting the mind. Receive support for trouble spots as you undertake your journey of Self discovery. *(No Drop-ins)*

WEDNESDAYS 10:30am - 12:30pm

January 13 - January 27 3wks/\$60

April 21 - May 5 3wks/\$60

Rebecca Rivers, RYT, CSYT

386-8461 northernlightyoga@gmail.com

New Gentle Hatha Yoga

Enjoy a smooth flow of classic Hatha Yoga postures for a healthy body and a clear, peaceful mind. Class carefully structured to give a well balanced workout for the muscles, joints, organs, glands, and nervous system. Beginners welcome. *(Drop-in: \$15)*

THURSDAYS 5:15 - 6:45pm (no class 3/11)
ongoing by class card 6wks/\$66; 12wks/\$110

Young Seniors Yoga

Ideal for men and women of "Baby Boomer" age who are in reasonably good health. Flowing sequence to stretch and exercise the whole body. Participants encouraged to challenge themselves while lovingly accepting the body's limitations. Flexibility not required for great benefit. *(Drop-in: \$15)*

MONDAYS 4:30 - 6:00pm

ongoing by class card 6wks/\$66; 12wks/\$110

Ellen Beeler

347-2401 ebeeler@tds.net

Written on the Body Hatha Yoga

A complete course in the practice of Hatha Yoga designed as a fast-paced, vigorous practice of fluid movements with emphasis on *Ujjayi Pranayama* (the full yogic breath) to deliver a powerful, non-stop aerobic workout that maximizes strength, focus and stamina. Some yoga experience is suggested. *(Drop-in: \$10)*

WEDNESDAYS 7:15 - 8:45pm

ongoing - 6 classes/\$50, 12 classes/\$100

New Walking through Walls Hatha Yoga

This course consists of a brief, spirited Hatha Yoga warm-up followed by significant *Pranayama* (yogic breathing) application and meditation. Various methods of meditation will be applied in order to develop the individual's inner potentialities for stability, clarity and calm. Suited for all levels of experiences. *(Drop-in: \$10)*

FRIDAYS 9:00 - 10:00am

ongoing - 6 classes/\$50, 12 classes/\$100

Erik Luc

386-3425 ecluc@verizon.net