

Canton Yoga Loft News, June 2021

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The Yoga Loft

Your local non-profit yoga/wellness studio

21 Miner Street, Suite #2, Canton NY 13617

www.yoga-loft.org

*Cultivating Health, Personal Growth and Community
through Yoga and Wellness Practices*

 **Our new studio is open for in-person classes**



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COVID Update

Based on feedback and discussion with our teachers, our volunteer board, and our class participants, we have reached a decision which follows the new CDC guidelines and NYS Public Health requirements, and which we hope will offer various ways to teach and practice based on individual comfort levels. Each teacher will decide which option to adopt for each class which she teaches. Our class options will be:

- **[Z]** Zoom
- **[M]** Mask Required*. No questions regarding vaccination asked, social distancing required, capacity of 7
- **[V]** Vaccination Required*. Mask optional, social distancing not required, capacity of 12
- **[O]** Outdoor (coming soon!)

When you come to a **[V]** Vaccination Required class, be prepared to show your vaccination card, a copy of it, or a photo of it on your phone to prove that you have been fully vaccinated. If you are not fully vaccinated or prefer not to share your vaccination status with the Yoga Loft, then please sign up for **[Z]** Zoom, **[M]** Mask required, or **[O]** Outdoor classes.

Click [HERE](#) to view the up-to-date calendar of the full listing of Yoga Loft classes and events. Click each class/event title on the calendar for details and registration.

*Must register at least 2 hours in advance for all in-person classes

[NOTE: Our daily schedule of classes on Zoom](#) will continue without interruption.

The following are **NEW** classes which take place in person at our studio, 21 Miner Street, Canton NY

NEW In-Person Classes



Efrat Ezra

[V] Relaxing Slow Flow Yoga, with [Efrat Ezra](#)

Mondays 6:30-7:30pm

[Register HERE](#)

In Slow Flow Yoga, move at a slow and steady pace and pay close attention to the breath and alignment. Relax while improving strength and flexibility.



Cintia Hongay

[V] Kripalu Yoga Basics with [Cintia Hongay](#)

Mondays 4:00-5:00pm, \$15, starts June 7

[Register HERE](#)

Kripalu is a gentle hatha yoga practice with a compassionate approach. It places an emphasis on meditation, physical healing, and spiritual transformation that overflows from the yoga mat into daily life.



Lisa Francey Towle

[M] Strength & Stretch with new teacher [Dr Lisa Francey Towle](#)

Tuesdays 9:00-10:15am, \$15

[Register HERE](#)

With energizing music, we'll move through sun salutations and incorporate options to strengthen, sweat, and tone. Savasana and meditation to close.



Cintia Hongay

[V] Kripalu Gentle Yoga with [Cintia Hongay](#)

Tuesdays 5:30-6:30pm, \$15

[Register HERE](#)

This slow, gradual yoga gently explores pain-free range of motion to bring you all the benefits of yoga, including poses that shed new light on what is possible in your practice.



Efrat Ezra

[V] Energy Flow Yoga with [Efrat Ezra](#)

Wednesdays 6:30-7:30pm, \$15

[Register HERE](#)

An all-levels class that is meant to invigorate the body, mind, and senses with physically challenging, yet accessible sequences.



Rivka Rocchio

[V] All Levels Vinyasa Flow with new teacher [Rivka Rocchio](#)

Thursdays 4:00-5:00pm, \$15

[Register HERE](#)

Using a combination of mindful breath and movement this yoga class is accessible to all bodies. Class builds strength, balance, and agility in a way that prioritizes safety, alignment, and helps students find what feels good in their own practice.



Cintia Hongay

[V] Kripalu Yoga Basics with [Cintia Hongay](#)

Fridays 4:00-5:00pm, \$15

[Register HERE](#)

Kripalu is a gentle hatha yoga practice with a compassionate approach. Kripalu yoga emphasizes moving at your own pace, self-acceptance, and adaptability. It is ideal for people facing life challenges.

Yoga in the Park



This will be our **15th consecutive year!** of offering **FREE Yoga in the Park** alongside the Canton Farmers Market on Fridays during the summer! Last summer, due to COVID-19 restrictions, we were able to offer only 4 weeks of YIP. This year we plan to offer a full 8-week season - with **FREE child care** - during July and August.

In past years local businesses have sponsored **FREE Yoga in the Park**. Unfortunately their sponsorship is not available this year. **It's up to us, the Canton Area Community, to raise the necessary \$1000. Can you help?** (Donations are tax deductible)

DONATE for FREE YOGA IN THE PARK

Yoga Nidra Research Project



For several years one of the Yoga Loft teachers, Erica Sharpe, has been involved in scientific research to study the health benefits of practicing Yoga Nidra, a type of guided meditation which has been shown to ease stress and promote healthy sleep. Question: can Yoga Nidra also help people suffering from depression? Current standard of care for depression consists of pharmaceuticals, supplements, or behavioral interventions. Unfortunately there are limitations to these interventions including impaired cognitive ability, drug dependence/tolerance, anxiety/depression rebound, and increased risk of suicide. Thus, there is a need for more research into mind-body therapies for reduction of depression.

More details about this research project are at <https://nunm.edu/research/studies/can-yoga-nidra-help-depression/>. If you experience mild to moderate anxiety/depression and are interested in taking part in this research project, you are invited to take the [confidential eligibility survey](#). Your answers to the survey will determine if you would be a good fit as a project participant. Feel free to contact Erica Sharpe at ericashrp@gmail.com if you have additional questions about this research project or about Yoga Nidra in general.



We welcome your ideas, suggestions, requests, and general comments. [Don't be shy to get in touch!](#)

For more information visit our website, www.yoga-loft.org or find Canton Yoga Loft on Facebook and Instagram

We are a 510(c)(3) non-profit organization dedicated to cultivating Health, Personal Growth, and Community through Yoga and Wellness Practices. Your [DONATIONS](#) help keep us afloat. Thank you so much!