

Canton Yoga Loft News, July 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*

FREE Yoga in the Park

with FREE child care

Fridays 11am, starts July 9

Canton NY Village Park along side farmer's market



Sarah Oakley, Sarah Scafidi-McGuire, Cintia Hongay, and Rivka Rocchio will take turns leading the sessions. This will be our **15th consecutive year!** of offering **FREE Yoga in the Park**. 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 during July and August, including free child care. No advanced registration necessary. So roll out your yoga mat and enjoy!

NOTE: Unfortunately we still need to raise about \$500 to fund this season's Yoga in the Park. Can you pitch in? Any amount helps. Thanks so much!!!

[Help Fund Yoga in the Park](#)

COVID-19 Protocols Update

For the time being, we will continue to offer 4 class formats:

- [Z]on Zoom
- [O]Outdoors, mask optional, various locations
- [V]Vaccination required, mask optional, at the Miner Street Studio
- [M]Mask Required, at the Miner Street Studio

Stay tuned for changes...

NOTE: for all in-studio classes, you must register online at least 2 hours in advance.

New Classes and Events



Pop-Up Pride Yoga with *Sarah Oakley

In partnership with Planned Parenthood of NNY

Wednesday June 30, 6:00-7:00pm

Canton Willow Island Park

Participants should arrive a few minutes early to settle in. Please bring your own mat, blanket or towel to practice on.

All are welcome!

[Donate if you can](#)

Donations will be split 50/50 between PPNNY and the Yoga Loft

*Sarah will be donating her teacher pay to The Trevor Project



Community Yoga, Saturdays 9am, \$5, will begin in-person at the studio on July 3

This will be a [V] Vaccination Required class. In order to accommodate those who are not yet fully vaccinated against Covid, who are immuno-compromized, or who live far away from Canton, we will simultaneously live stream the class on Zoom. If joining the in-person session, you must pre-register at least 2 hours in advance.

[Register HERE for Community Yoga](#)



New Teacher, New Class

**[V]Choreo Yoga (Yoga Dance)
with McKenna Boula**

**Thursdays 7:00-8:00pm, in person at
the studio, starts July 1, \$15**

[Register HERE](#)

Please welcome new teacher **[McKenna Boula](#)**, who recently moved to the North Country from Utah. She is an internationally certified yoga instructor who studied at the Integrated School of Yoga under the guidance of Swammini Ma Shakti Devi. At the Yoga Loft studio in Canton, McKenna will teach **Choreo Yoga (Yoga Dance)**. This is a whole body workout set to music which combines modern dance with yoga sequences. If

you love yoga and love to dance, then this class is for you!



Cintia Hongay

[V]Core Yoga & Balance with Cintia

in person at the studio

Thursdays 5:30-6:30pm, \$15, starts July 15

[Register HERE](#)

A targeted Yoga Tune Up(R) practice that tones and conditions the core muscles to improve balance and posture and relieve low back discomfort. Light weights may be used (available in the studio). Beginners welcome!

Beach Yoga with Donna Clark



Outdoors at Clark Camp

40 Longview Lane, Hermon, NY

July 7, 14, 21 & 28, weather permitting, 4:00 - 5:00 pm

Cost: free

All are welcome--all levels, all ages, anyone desiring to find peace of mind and gentle movement of body

Please bring mat, blocks (optional). Masks not required at this outdoor event.

Come to have fun and relax!

Donna Clark. 315-854-0591

Wellness Package >>> Summer Extension

Pay \$50 and redeem for \$60 in classes. If you purchase a Wellness Package between now

and August 31, the expiration date will be extended to 45 days from date of purchase instead of the usual 30 days. Not transferable



Seeking Garage Sale Coordinator

The Yoga Loft is seeking a motivated person who takes initiative to organize and coordinate this year's Yoga Loft garage sale (date TBD). This volunteer would help recruit and coordinate other volunteers, organize the process of collecting donated items, assist with advertising of the sale, oversee set-up and organization of sale items, arrange for disposal of left-over items, and coordinate day-of-sale volunteers. The coordinator will work closely with Yoga Loft board members to make this important fundraiser as successful as it has been in the past. If you are interested, or know someone who might be interested, please email info@yoga-loft.org with your thoughts.

For the complete Canton Yoga Loft schedule, to sign up for classes, for information about the organization, etc, check

www.yoga-loft.org.

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