

**Subject:** Yoga Loft News, October 2021  
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October 2021 news from the Canton Yoga Loft

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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](http://www.yoga-loft.org)

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



### **Welcome new teacher Jessie Madden,**

visiting Lecturer in Dance at SLU. She comes to the North Country from the University of Iowa where she completed her Master of Fine Arts degree in Dance (Choreography) as well as her her 200-hour Hatha Yoga Certification. Jessie also holds a B.S. in Elementary Education and worked for 5 years in Chicago as a Teaching Artist for Hubbard Street Dance Chicago in their Education, Youth, Community, and Adaptive Dance Programs.

**At the Yoga Loft, starting October 4th, Jessie will be teaching three in-person classes** as well as joining our Community Yoga rotation on Zoom.

**Hatha Yoga on Mondays & Wednesdays, 9:00am.** Alternate between slower sequences, holding different classic yoga asanas (poses), and a more dynamic flow between asanas, connecting our movement with breath. The goal of the class is that you leave feeling better than you came, both in your body and in your mind. Beginners welcome. Vaccination required, mask optional.

[Register HERE](#) for Monday Hatha Yoga

[Register HERE](#) for Wednesday Hatha Yoga

**Children's Dance/Creative Movement for ages 5-7yr, Tuesdays 4pm, 7 weeks, Oct 5 thru Nov 16. \$105 for the series. Limit 8 students. No drop-in. Masks required.**

[Register HERE](#) for Children's Dance. **Must register by 12noon on Oct 5.**

Students will engage in developmental movement patterns, and learn how to make their own creative choices as they navigate and explore different ways of moving (such as fast and slow tempo, sharp and smooth energy, locomotor and non-locomotor movement etc.).

Students are simultaneously engaging in physical/gross motor, cognitive, and creative skill building.

### The Yoga Loft Teachers



Cintia Hongay



Ellie Beeler



Emma Brackett



Jessie Madden



Lisa Francey Towle



McKenna Boula



Mary Bartel



Sarah Oakley



Sarah Scafidi-McGuire

We now offer a full calendar of both in-person classes at the studio as well as Live on Zoom classes. Our in-person classes require participants to be fully vaccinated against COVID-19.

Click each class title below for details and registration.

## October Schedule

### In Person at the Studio

#### Mondays

9:00am - [Hatha Yoga](#) (Jessie)

5:30pm - [Kripalu Yoga Basics](#)  
(Cintia)

#### Tuesdays

9:00am - [Strength & Stretch](#) (Lisa)

11:00am - [50+ Yoga](#) (Ellie)

4:00pm - [Dance/Movement for 5-7yr  
Olds](#) (Jessie)

5:30pm - [Gentle Kripalu Yoga](#)  
(Cintia)

#### Wednesdays

9:00am - [Hatha Yoga](#) (Jessie)

#### Thursdays

8:30am - [Vinyasa Yoga](#) (Sarah SM)

5:30pm - [Core & Balance](#) (Cintia)

#### Fridays

9:30am - [Power Yoga](#) (Sarah SM)

### Live on Zoom

#### Mondays

9:30am - [50+ Yoga](#) (Ellie)

11:00am - [Chair Yoga](#) (Ellie)

#### Tuesdays

8:30am - [Yoga Slow Flow](#) (Mary)

#### Wednesdays

9:30am - [50+ Yoga](#) (Ellie)

#### Thursdays

8:30am - [Yoga Potpourri](#) (Mary)

#### Fridays

no Zoom classes

#### Saturdays

9:00am - [Community Yoga](#) (various  
teachers)

#### Sundays

9:30am - [Hatha Yoga](#) (McKenna)

11:00am - [Kripalu Gentle Yoga](#)

### Saturdays

(Cintia)

Occasional workshops. Check [website](#) for availability

### Sundays

No in-person classes

NOTE: When paying for classes online with your credit/debit card, Yoga Loft payments will be listed on your credit card statement as paid to North Country Center for Yoga and Health (that's our legal name).



### Yoga Nidra Research

Yoga Loft teacher Erica Sharpe (who is now on maternity leave) has been working for several years, using scientific methods, to determine if practicing yoga truly does benefit us, or if it is all just hype. Her Yoga Nidra research and its potential to help with sleep problems and anxiety was recently highlighted in the health section of [USNews](#). [Interesting article - check it out](#). Good work, Erica!



As we move into the holiday shopping season, please consider a [Yoga Loft Gift Certificate](#). What could be better than a Gift of Wellness for your loved one?



Of course, shop local when possible! But if you do shop on Amazon, shop [smile.amazon.com](#) and a small portion of each purchase will be donated to the Yoga Loft at no additional cost to you. We are listed as **North Country Center for Yoga and Health**. Same products, same low prices, and same services as the Amazon you know.

The Yoga Loft is truly a non-profit organization! Support our mission to "Cultivate Health, Wellness and Personal Growth through Yoga and Wellness Practices" with a donation of any amount. Thank you so much!

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