

Yoga Guide



Beginner Yoga

Yoga for those who have been away from yoga for a while, lead a sedentary lifestyle, are unconditioned or have mild chronic pain. Yoga-based gentle movements for functional mobility will safely increase your range of motion while strengthening and stabilizing your core, back, hips, knees and feet. No class Jan. 16.

Instructor: Jeffrey Lippert
 Location: Irwin Community Center
 Fee: \$59 R / \$88.50 NR

Age	Dates	Day/Time	Code
18+	Jan. 9- Feb. 13	M, 7:30-8:30 p.m.	412509-11
18+	Feb. 27- March 26	M, 7:30-8:30 p.m.	412509-12

Mini-Session • Fee: \$20 R / \$30 NR

Age	Dates	Day/Time	Code
18+	Dec. 12-19	M, 7:30-8:30 p.m.	412509-10

Yoga Sculpt & Strength – Intermediate

Add optional hand weights to your Yoga poses and movements. This class is designed to tone, sculpt and strengthen your upper body with extra attention to arms and shoulder girdle while strengthening and stabilizing your lower body. You will build stronger, denser bones and lean muscle mass for increased metabolism and weight control.

Instructor: Jeffrey Lippert
 Location: Irwin Community Center
 Fee: \$49 R / \$73.75 NR (5 classes)

Age	Dates	Day/Time	Code
18+	Jan 4- Feb 8	W, 6:10- 7:20 p.m.	412509-08
18+	Feb. 29-March 28	W, 6:10- 7:20 p.m.	412509-09

Mini-Session • Fee: \$20 R / \$30 NR

Age	Dates	Day/Time	Code
18+	Dec. 14-21	W, 6:10- 7:20 p.m.	412509-07

Yoga For Fitness - Intermediate

Feel stronger, taller, leaner, flexible, balanced and relaxed. Yoga-based movements safely and progressively increase your range of motion while strengthening and stabilizing your core, back, upper body and legs. Verbal cues will provide instructions for proper alignment & form. Bring your own yoga mat and water. *No Class Jan. 16.*

Instructor: Jeffrey Lippert
 Location: Irwin Community Center
 Fee: \$49 R / \$73.50 NR

Age	Date	Day/Time	Code
18+	Jan. 9-Feb. 15	M, 6:10-7:20 p.m.	412509-02
18+	Feb. 27- March 26	M, 6:10-7:20 p.m.	410509-03

Mini-Session • Fee: \$20 R / \$30 NR

Age	Dates	Day/Time	Code
18+	Dec. 12-19	M, 6:10- 7:20 p.m.	412509-01

Yoga Combo Class

Take *Yoga for Fitness* and *Yoga Sculpt & Strength* for great results and lower fees.

Instructor: Jeffrey Lippert
 Location: Irwin Community Center
 Fee: \$82.50 R / \$123.75 NR

Age	Date	Day/Time	Code
18+	Jan. 9- Feb. 15	M/W, 6:10-7:20 p.m.	410509-05
18+	Feb. 27- March 28	M/W, 6:10-7:20 p.m.	410509-16

Mini-Session • Fee: \$35 R / \$50 NR

Age	Dates	Day/Time	Code
18+	Dec. 12-21	M/W, 6:10- 7:20 p.m.	412509-04

Meditative Yoga

Meditative Yoga is the process and practice of quieting the mind; finding a path to being centered. Beginning with slow flowing Yoga in a darkened peaceful environment, we'll ease into meditative stillness on a journey toward the place within ourselves that is ourselves. Open to all practice levels and physical conditions. *No Class Jan.18.*

Instructor: Jeffrey Lippert
 Location: Irwin Community Center
 Fee: \$30 R / \$45 NR

Age	Date	Day/Time	Code
18+	Jan 11- Feb 8	W, 7:35-8:15p.m	412509-14

Mini-Session • Fee: \$15 R / \$20 NR

Age	Dates	Day/Time	Code
18+	Dec. 14-21	W, 7:35-8:15 p.m.	412509-13

Yoga Guide



Sleep Workshop

This 90-minute Sleep workshop will teach you how to relax your mind and body to comfortably fall asleep at will. We begin with gentle warm-up movements and interactive practices to prepare our body and mind to shed its restlessness. We'll learn how to align and support our body, deepen our sense of relaxation and surrender, still our fidgety bodies and calm our rambling minds so that we may rest quietly in the present moment, feeling the peace that resides within. As the background hum of life gives way to the empty, blissful quality of the mind we will experience the "theta" meditative state ("samadhi"), the pathway to restful sleep. Wear comfortable clothes. Bring a small hand towel and a small light blanket.

Instructor: Jeffrey Lippert
Location: Irwin Community Center
Fee: \$29 R / \$45 NR

Age	Date	Day/Time	Code
18+	Dec. 11	Su, 1:30-3 p.m.	412509-15
18+	Jan. 8	Su, 1:30-3 p.m.	412509-16
18+	Feb. 15	W, 6:30-8 p.m.	412509-17