

## Class Descriptions

### The Basics

*New to yoga or looking for a refresher*

Each Basics class is taught by a caring and compassionate teacher who has years of experience. Basic postures and yogic breathing techniques are presented with suggested alternatives to suit your unique abilities and needs. There is nothing for you to know ahead of time and there is no need to stress over remembering anything.

### Gentle Yoga

*All levels, beginners through experienced*

A gentle, but complete yoga experience. Suitable for all including those with physical limitations. Chairs available as needed.

### Beyond the Basics

*All levels of experienced practitioners*

Beyond the Basics classes are ideal for those with prior exposure to yoga. The content of each class varies, building upon the basics. You may hold poses longer, flow through sequences, learn special yogic breaths, and/or experience more challenging variations of common yoga postures. Your energy will be renewed as you become stronger and more flexible. You will find that Beyond the Basics classes leave you refreshed and relaxed.

Each WYC teacher offers this class in a different way depending on their personal style and on the students that are in the room.

### MELT - Beyond the Basics

*All levels of experienced MELT practitioners*

A class for experienced MELTers. Notice changes in your body every time you MELT! Attend this class regularly and continue to tap into the amazing healing potential your body already possesses! Those new to MELT should contact Kerrie Bodendorf - Master MELT Trainer (Kerrie@balancetotalbody.com) for options available for beginner MELTers.

### Tai Chi

*All levels of experienced Tai Chi practitioners*

Performed mostly standing, classes consist of warming movements, guidance for centering the body and mind, Chi Kung exercises, standing postures, and Part 1 of the Yang Style Tai Chi Chaun Form. A non-competitive, non-aggressive environment is created. Students are encouraged to go at their own pace. Each class includes discussion, serious study, and fun, too.

## Schedule of Weekly Ongoing Classes At the Westfield Yoga Center

*The classes listed below are held weekly, each class is 75 minutes long unless otherwise noted.*

Sat, 9:00am	Beyond the Basics	Sally
Sat, 11:00am	Gentle Yoga	Judy
Mon, 9:30am	Beyond the Basics	Sally
Mon, 4:15pm	Beyond the Basics	Sally
Mon, 6:00pm	Beyond the Basics	Sally
Mon, 7:30pm	The Basics	Laura
Mon, 7:30pm	Beyond the Basics	Sally
Tues, 9:30am	Beyond the Basics	Jane
Tues, 9:30am	The Basics	Melissa
Tues, 11:00am	Beyond the Basics	Melissa
Tues, 4:15pm	Beyond the Basics	Melissa
Tues, 6:00pm	Beyond the Basics - TAKE 4!	Jane
Tues, 6:00pm	Gentle Yoga	Sally
Tues, 7:30pm	Beyond the Basics	Jane
Wed, 9:30am	Beyond the Basics	Sally
Wed, 11:00am	Gentle Yoga	Sally
Wed, 4:15pm	Beyond the Basics	Sally
Wed, 6:00pm	Beyond the Basics	Laura
Wed, 6:00pm	The Basics	Sally
Wed, 7:30pm	Beyond the Basics	Sally
Thurs 9:30am	Beyond the Basics - TAKE 4!	Jane
Thurs 11:00am	MELT Beyond the Basics - 1 hr class	Kerrie
Thurs 4:15pm	Beyond the Basics	Megan
Thurs, 6:00pm	Beyond the Basics	Jane
Thurs 6:00pm	MELT Beyond the Basics - 1 hr class	Kerrie
Fri, 9:30am	Beyond the Basics	Sally

## Class Fees

### Become a Member...

**Prepay for an 8 class package for \$80 (\$10 per class)**

or

**Prepay for a 16 class package for \$144 (\$9 per class)**

One class is deducted from your prepaid class package each time you attend a Weekly Ongoing Class, a Specialty Class or a Specialty Series class.

**Your class packages do not expire.**

**We know life happens and we want you to get what you pay for!**

### Non-members...

Drop into individual classes from the schedule, space permitting, at \$12 per class

