

ground luminosity

Eastern Wellness Center



CLASS SCHEDULE

MONDAY

YIN YOGA 5:15-6:15PM

Hold different yoga poses and breathe energy deep into your body, focusing on the connective tissue instead of the muscle

VINYASA FLOW 6:30-7:45PM

Gentle movement to develop your yoga practice into something more

TUESDAY

QIGONG 2:00-2:45PM (\$5)

Mostly standing stretches and strengthening exercises to move energy deep into the body

INNER FIRE YOGA 7:15-8:30PM

Includes not only the physical aspect of yoga, but also breath work and meditation, focused on a feeling at peace when you leave

WEDNESDAY

CHAIR YOGA 10:00-11:00AM (\$5)

Structured to enable those who want to do yoga, but cannot bend and flex like a yogi to develop a long lasting love of the art

TAI CHI EASY 2:00-3:00PM

Learn the basics of Tai Chi before you try to learn the short form, bringing your awareness to the slow controlled movements

FRIDAY

SWEET & STEADY MORNING FLOW 9:30-10:45AM

A rhythmically styled class that strengthens the muscles, tendons & joints, while releasing excess tensions & calming the mind