

Soft Studio

Schedule Winter 2011 (effective January 2011)



SAWMILL CLUB • EAST

monday	tuesday	wednesday	thursday	friday
6:30–7:00 Pilates Express Jenn C	6:30–7:30 Power Vinyasa Wendy	7:30–8:30 Vinyasa Yoga Jillian	6:30–7:30 Power Vinyasa Valerie	7:30–8:30 Vinyasa Yoga Wendy
9:30–10:25 Pilates Karen	9:30–10:30 Vinyasa Yoga Amy	9:30–10:25 Pilates Jenn C	9:30–10:30 Kundalini Satveer	10:30–11:30 Vinyasa Yoga Geri
10:30–11:30 Candlelight Meditation Satveer	10:35–11:30 Pilates Heather	10:30–11:30 Relax, Restore & Revive Amy	10:30–11:30 Pilates Ernest	
6:00–7:00 Vinyasa Yoga Jillian	6:00–7:00 Pilates Ernest	5:00–6:00 Vinyasa Yoga Paulette	6:30–7:30 Hatha Flow Geri	5:00–6:00 Vinyasa Yoga Paul
7:30–8:30 Tae Kwon Do	7:30–8:30 Hatha Flow Satya Franche		8:00–9:00 Tae Kwon Do	

saturday	sunday
7:15–8:15 Power Vinyasa Jillian	
9:00–10:00 Hatha Flow Satveer	10:30–11:30 Hatha Flow Joe
11:00–12:00 Pilates Paulette	

Vinyasa Yoga Yoga is an ancient form of movement promoting balance, flexibility and relaxation all types of yoga use postures (asanas), breathing (prana yama) and some form of meditation to achieve a union of the body, mind and spirit. Regular practice brings strength, flexibility, coordination and balance to the body. The nervous system becomes calm, the mind alert and concentration improves. Different styles of yoga emphasize different aspects of the practice.

Hatha Flow with Core Infusion “Flow and hold” fusion of hatha and vinyasa styles of yoga to improve concentration, inner strength, and endurance. This includes an emphasis on the core

Power Vinyasa A more challenging type of Vinyasa Yoga designed for those with some prior yoga experience.

Relax, Restore & Revive Gentle and traditional yoga postures held for extended periods while focusing energy and awareness inwards.

Kundalini Yoga is considered the yoga of awareness because it directly affects human consciousness, develops intuition, increases self knowledge, and unleashes the unlimited creative potential that exists within every human being. The class will consist of Tuning in with the adi mantra, a Kriya (a sequence of posture, breath and sound integrated together to have a specific effect on the body.), meditation, and a relaxation. Closing the class with a blessing.

Candlelight Meditation one hour of gentle, soothing yoga postures, followed by a meditation, in the serenity of a candlelit room.

Pilates~ This one-hour class focuses on the ageless concept of a strong center, positive alignment and mental focus. It addresses torso strength and stabilization and joint mobility by increasing range of motion around a strong and stable core.

Tae kwon Do is a Korean martial art and the national sport of South Korea. In Korean, tae kwon do may be loosely translated as “the art of the foot and fist” or “the art of kicking and punching.”

Inclement Weather Policy:

SMCE follows the Bedford School District schedule. Please listen to your local radio/TV stations for announcements.

If there is a school delay the Nursery will open at 9:30AM. If the schools are closed the Nursery will be closed. Please call in advance on Saturdays for delays or closings due to weather.

If there is a school delay classes will start at 9:30AM

Questions? Comments? Suggestions?

Contact Group Exercise Director Valerie Rosen
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