



Summer 2017 June 18 – September 2

Monday

Hatha Yoga - Mondays, 9:00-10:00 am

A class that uses gentle movement, postures and breath to open the body. This method addresses the needs of the whole person, and establishes a fundamental understanding of “mind, body, spirit.” Each practice is carefully crafted to achieve a specific energetic effect. This class is suitable for people with previous experience in basic poses and alignment.

Instructor: Check calendar for instructor

Tuesday

Pilates: Mixed Level - Tuesdays, 5:30-6:30 pm

Fee is \$88, paid in full for a session. Drop-ins: \$10. This class is best suited for those with some previous Pilates experience. This class will include classical as well as adapted mat exercises. Some classes will include Ring exercises and posture exercises along the wall. Exercises will be modified to accommodate specific conditions as needed. Everyone is encouraged to work at their personal level of challenge!

Instructor: Kate Blyth

Wednesday

Yoga for Health - Wednesdays, 5:30-6:30 pm

Slow down and settle into your practice with this mellow evening class. Warm up the body by moving through the poses with your breath, then holding poses that will give your muscles a deep stretch. You will feel refreshed and ready to wind down for the rest of your day.

Instructor: Ofelia Liu

Thursday

Kids Yoga - Thursdays, 9:15 – 10:00 am

Free class! Ages 3-7
Come move and play! We will do yoga through games, songs, stories and animal imitations.

This is a five week session: July 6, 13, 20, 27 and August 3.

Instructor: Renee Ripple

Thursday - continued

Beginner's Pilates - Thursdays, 5:30-6:30 pm

This class is for those with little or no experience doing the Pilates mat exercises. This course will focus on the key principles of the Pilates method. Participants will be instructed in adaptations appropriate for their individual abilities or body issues. This is a 4 week class: June 15, 22, 29 and July 13. Pre-registration is required. A minimum of 5 participants and maximum of 8, to allow for individualized instruction. Fee for this course is \$40 for nonmembers.

Contact Debra Murphy 740-541-1956 to reserve your spot.

Instructor: Deb Murphy

Friday

Morning Yoga - Fridays, 9:00-10:00 am

Learn opening poses, standing poses, salutations, shoulder and hip exercises, back and forward bends, twists, and finishing poses. This class calms your body and mind as you work with breath and other relaxation techniques.

Instructor: Stephanie Robinson

Saturday

Celebrating Yoga - Saturdays, 9:00-10:00 am

Realign yourself and clear away the stresses of the week. Let Saturday yoga become a weekly habit—your body and mind will thank you. **Instructor:** Check calendar for instructor

Sunday

Meditation Circle - Sundays, 9:30-10:30 am

Meditation practices from a variety of traditions, as well as inspirational readings and discussion. Participants will be invited to share their own personally enriching practices and readings. FREE, but donations to Village Productions appreciated.

Host: Drake Chamberlin

Village Productions is located above the Amesville Grange, 16 East State Street, Amesville, OH 45711. Use rear/side door entrance. Classes run 11 weeks (unless noted). Tuition for all classes (unless otherwise noted): 1 class per week for 11 weeks, paid in full: \$77/class. More than 1 class per week or multiple family members for 11 weeks, paid in full: \$66/class. Drop-Ins: \$8/class. If registered for 2 complete classes and paid in full, drop-ins are \$6/class. Annual memberships are available for \$350/individual and \$500/family. Scholarships are available!

Schedule accurate as of printing. Visit www.village-productions.org or call 740-448-1602 for more information.