



## Summer 2019 – June 23 through September 7

### Monday

#### **Hatha Yoga - Mondays, 8:30-9:30 am NEW TIME!**

Drawing on the Integral Yoga practice as taught by Swami Satchitananda, George will present a beginners level class which will include chanting; asana (postures); pranayama (breathing exercises); yoga nidra (deep relaxation); and a brief meditation. George strives to remain true to the Integral Yoga tradition. Additional yoga poses or series of poses may be incorporated when appropriate. Come with an open mind, leave with an open heart. **Instructor: George Kridler**

### Tuesday

#### **Movement Adventure! - Tuesdays, 11:00-noon. FREE CLASS!**

Fun and engaging kids class featuring games, sports, fitness activities and more! Class will be different each week, but will always be fun! We may be inside, outside, or both. Bring water and tennis shoes!" (Ages 7-11 years old) Class ends August 20

**Instructor: Andrew Shackelford**

#### **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

#### **Cardio Workout - Wednesdays, 5:30-6:30 pm**

Circuit based, body weight exercise class designed to improve cardiovascular and muscular fitness. Emphasis on functional movements that will improve your daily life. Fast paced and fun! Bring a mat or towel for floor exercises.

**Instructor: Andrew Shackelford**

### Thursday

#### **Embodied Movement - Thursdays, 9:00-10:00 am**

Mindful exploration of yoga asanas along with a variety of other creative movement to build strength, increase flexibility and create greater mobility. **Instructor: Stephanie Robinson**

### Saturday

#### **Celebrating Yoga - Saturdays, 9:00-10:15 am**

This class is taught with the foundation in a traditional Hatha practice combined with a mindful flow. Hatha yoga techniques are used to create higher states of physical and mental health as tools to develop clarity, awareness and self-knowledge. Each class has a spiritual or emotional theme to help deepen the connection between body, mind and spirit, and to inspire bringing the practice off the mat and into our daily lives. Serena's classes are open to beginners and seasoned students! Modifications will be offered.

**Instructor: Serena Popoae (check calendar for subs)**

### 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**

#### **Amesville Community Singers – Sundays, 5:00-6:15 pm**

\$25 class fee for non-members. We're taking the summer off and will resume Sunday, September 8th.

**Director: E J Waskiewicz**

**Schedule accurate as of printing.**

Village Productions is located at 16 East State Street, Amesville, OH 45711.

To learn more, visit [www.village-productions.org](http://www.village-productions.org) or call 740-777-4621. Check website for latest updates and cancellations!