



Winter, 2018 January 2 – March 17

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: Serena Popoae

Spinal Hygiene - Mondays, 5:30-6:30 pm (6 weeks)

Class begins Monday, January 15 and runs every other week thru March 12. Fee is \$60 for full session. You must take all six classes. This class is free for VP members.

"Hygiene - a set of practices performed for the preservation of health." In this class series, you will develop healthy neurological patterns and spinal stability through movement, breath and guided awareness exercises. You will also learn and experience how nervous system coherence is essential for abundant health and vitality. People of all fitness and mobility levels are welcome.

Instructor: Dan Continenza, (740) 448-1419

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

Children's Music & Movement – NEW DAY, Wednesdays, 1:00-1:45 am

Village Productions offers this class FREE as a welcome to the wonderful world of music for all children, newborn-age 6. We will experience melodic singing, percussive rhythm with instruments, and expressive movement alongside live music.

Instructor: Guinevere Jacobs, MT-BC

Amesville Community Youth Choir - Wednesdays, 4:00 – 4:45 pm (10 week class)

All youth, ages 7-11, are invited to help start Village Productions' first youth choir! We will have fun learning some silly and some serious songs, and even compose some of our own songs. For any Amesville Elementary students, instructor Guinevere Jacobs will be available to meet students at the school at 3:45 to safely walk over to VP, where we'll have a snack before we begin. FREE class!

Pre-registration requested: guineverewhitford@yahoo.com

Instructor: Guinevere Jacobs MT-BC

Restorative Yoga - Wednesdays, 7:15-8:30 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: Stephanie Robinson**

Thursday

Morning Yoga - Thursdays, 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

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

Fee is \$88, paid in full for a session. Drop-ins: \$10.

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.

Instructor: Kate Blyth

Saturday

Celebrating Yoga - Saturdays, 9:00-10:15 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: Serena Popoae**

Sunday

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

Starts 9/3/17. 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

Do you like to sing? Come join us in learning choral arrangements, rounds, and sing-alongs. Together we can strengthen musical skills of all levels, and alleviate the stress of the day through the therapeutic benefits of group singing. \$25 class fee for non members.

Instructor: Guinevere Jacobs, MT-BC

Euchre! Do you like to play euchre or have you always wanted to learn? We'll have some casual games, lessons on Tuesdays from 6:45 - 7:45 pm January 9th, January 30, February 27th, and have a tournament on Sunday, March 18 from 1-4 pm. Donations for Tuesday games will be appreciated.

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!

To learn more, visit www.village-productions.org or call 740-448-1602.