



Winter 2019 – January 6 through March 23

Monday

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

Drawing on the Integral Yoga practice as taught by Swami Satchitananda, George will present a beginners level class that 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. George has practiced yoga since 1999 with a wide variety of teachers. Because of their gifted teaching, he feels compelled to continue this wonderful tradition. Come with an open mind, leave with an open heart.

Instructor: George Kridler

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

Studio Art Class - Wednesdays, 4:00-5:30

NEW CLASS!

January 16 through February 27 (7 weeks).

Fee is \$56.00 paid in full at first session. Drop-ins: \$10.

This seven-week course is designed to allow enrollees to hone their skills in a studio setting. Each week there will be a still life scene or model along with an instructor to assist participants in recreating the scene. Participants will use their own canvases or sketch pad and medium (pencils, chalk, charcoal, acrylic, etc.). Participating artists will work independently but alongside others in the class. The instructor will offer a brief teaching moment at beginning of each class, and then be available for 1:1 coaching as participants work.

Coach: Emily Thomason, MFA Painting + Drawing

Schedule accurate as of printing. Check website calendar for most current updates, including class cancellations due to weather and other circumstances, and substitute teachers.

Visit <http://www.village-productions.org>

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

Writer's Open Forum - Thursdays, 7:00-8:15pm

NEW CLASS!

This class is designed to allow everyone to hone their skills in writing and expression. Bob Henning, author of *Spontaneous Generation*, will facilitate the sharing of stories and poetry through an open forum. The class will allow for feedback and exchange of new ideas about styles and processes of writing. Class is FREE, but donations gladly accepted!

Facilitator: Bob Henning

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

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, 5:00-6:15pm

Do you like to sing? Come join us in learning choral arrangements 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.

Director: E J Waskiewicz

Village Productions is located at 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 740-777-4621. Check website for latest updates and cancellations!