

## Kids Yoga

Children's yoga brings children a fun and safe way to learn to move and stretch, gives them ways to calm themselves and deal with stress, and helps to build their confidence. Children's yoga is not about perfection in poses, or quiet meditation. Instead, it is an introduction to yoga through fun songs, games, silly poses, and breathwork.

Children's yoga is all about helping little ones feel comfortable in their themselves and offers a different way for them explore movement, breath, and mind-body awareness... hopefully just the beginning of a lifelong yoga practice!

## Pilates

Pilates is a method of body conditioning that focuses on developing a strong core, while improving flexibility, coordination, and balance. Emphasis is placed on correct alignment, breathing, control, and concentration. Pilates will enable you to lengthen and tone your muscles, decrease stress, improve your focus, and repair your body while improving posture. Pilates enhances daily activities as well as sports performances. **All levels.**

## Instructors

Gail Johnson Toby Mohlman

Tiffany Barbarine Margo Gemperline Mary Kay McDade

Mesha Moor Karen Mahoney

Jennifer Papanikolaou Kate Matos

## Pricing

Pilates Classes \$14 or 5 for \$60

Chair Yoga Classes \$15 or 5 for \$60

Yoga Classes \$10

Yoga Workshops & Series – Varies. See website for details

New Life Massage & Whole Living Solutions

# Yoga & More



## Yoga in the Park!

Saturdays and Sundays 10 am

June 3<sup>rd</sup> to August 20th

Veterans Park, Avon Lake

Donations for instructors welcome and appreciated!

## Monday Meditation Series

June 5th – 26th

7:15 pm to 8:30 pm

Cost \$97

Instructor: Mesha Moore

## Monday Basic Flow Moves to Tuesdays

Tuesday 5:30 pm

Instructor Margo Gemperline



## New Class Power Yoga

Sundays 8:30 am

Wednesday 6:30 pm

Instructor: Karen Mahoney



## New Pilates Class

Wednesday 7:45 pm

Instructor: Jennifer Papanikolaou

See Website for Details

440.930.2044

www.nlmwholeliving.com

### Sunday

8:30 am Power Yoga with Karen  
11:00 am Hatha Yoga with Margo & Mary Kay

### Mondays

7:15 pm Meditation Series with Mesha

### Tuesdays

5:30 pm Basic Flow with Margo  
7:15 pm Yoga Basics with Toby

### Wednesdays

5:15 pm Beginner's Yoga with Lana  
6:30 pm Power Yoga with Karen  
7:45 pm Pilates with Jennifer

### Thursdays

9:30 am Pilates with Jennifer  
7:00 pm – Gentle Restorative Yoga with Gail

### Fridays

7:15 am Pilates with Jennifer

❖ Evenings – Special Events (registration required)

### Saturdays

9:00 am 75 Minute Vinyasa Level II (Warm) with Tiffany  
10:30 am All Levels Vinyasa Flow I (No Heat) with Tiffany

### **Hatha Yoga**

This is a traditional class. It focuses on controlled breathing and short-held poses. Comprised of standing and seated postures that will move you towards a place of daily strength, flexibility, and vitality. Appropriate for all levels.

### **Power Yoga**

This class is a fitness based approach to Vinyasa style yoga. Power Yoga is considered an offshoot of Ashtanga Yoga and has many qualities in common. Sequences are individual to each instructor and students synchronize their breath to movement as they increase inner heat, stamina strength, and flexibility. The original Power Yoga was developed and founded by Beryl Bender Birch, but is now a term used to describe many vigorous vinyasa styles.

### **All Levels Hatha Yoga Flow**

An exploration of yoga, blended to integrate postures that invite whole body participation. We will incorporate stretching, breathwork, and more active movement intended to encourage alignment and balance. Accessible to all levels.

### **Yoga Basics/Beginners**

Beginners, returning yogis and competitive athletes will increase range of motion in joints and create openness throughout the body. You will become familiar with alignment focused postures that bring integrity of health and a stronger connection between the mind, body and heart.

### **Gentle/Restorative Yoga**

This class is truly beneficial *for* every "body". Perfect for those who wish to start a yoga practice or for tired over worked bodies. Feel your "self" peel open from within layers of stress and unwind in a noncompetitive, warm, welcoming atmosphere.

### **All Levels Vinyasa Flow**

With attention to breath and alignment, this smooth and fluid yoga practice will gently strengthen the body and calm the mind. **No heat, All levels**

### **Vinyasa Level II**

This Vinyasa style class, at 83-85 degrees, is for intermediate to seasoned yogis. It will require at least 5 basic and/or slow yoga flow classes under your belt, a sweat towel and bottle of water. By softening the mind and connection to breath, you will be returned a stronger, more flexible body and happier heart. **Intermediate/Advanced**