

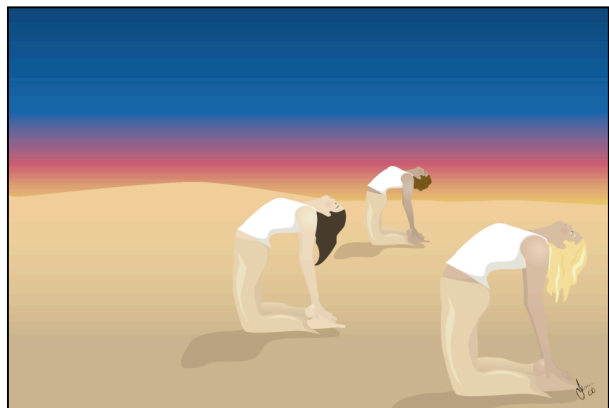
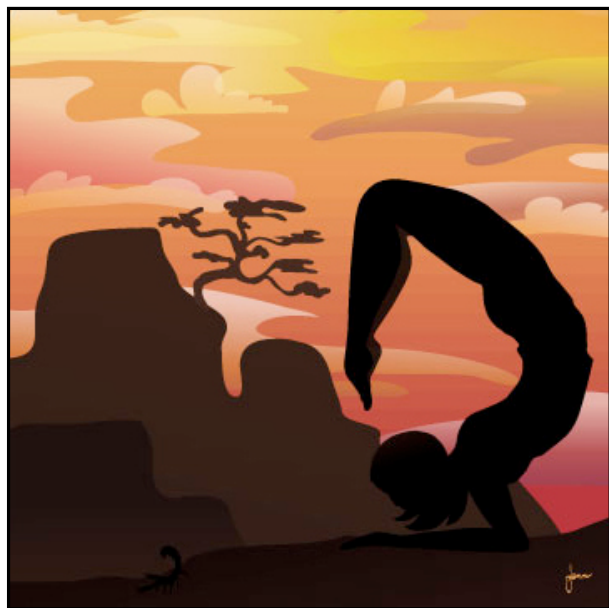
# CCNM Winter 2010 Yoga Club Schedule

Anyone is welcome! If you'd like to get email updates, please email [jenniferpun@rogers.com](mailto:jenniferpun@rogers.com) with "Add me to Yoga Club" in the heading.

*CALL TO ALL YOGA TEACHERS:*

If you are a yoga teacher or know of one, please let me know if we can expand our offering of classes by adding another to the schedule! Your fellow yogis and yoginis of CCNM would thank you!

Please email [jenniferpun@rogers.com](mailto:jenniferpun@rogers.com) to let me know!



<p><b>Monday</b>  <b>8:30-9:30 a.m.</b>  <i>Classroom 3</i>  <i>Hatha for all</i>  <i>With Kelly Hogan</i></p>	<p>Hatha is the classical approach to yoga that consists of asana (postures) and pranayamah (breathing) leading to greater body awareness and focus. This class is suitable for students at all levels and I hope to make each class a unique and new experience where you have the space to relax and enjoy yourself.</p>
<p><b>Monday</b>  <b>12:30-1:30 p.m.</b>  <i>Classroom 3</i>  <i>Invigorating Vinyasa</i>  <i>With Julie McClure</i></p>	<p>Take charge of your stress on Mondays and join Julie on the mat for an invigorating and energizing vinyasa flow class. A fusion of Ashtanga and Iyengar yoga, this class will lead you through a sequence of postures that flow together and challenge your strength, endurance and flexibility. By incorporating inversions into the practice, you will not only learn how to 'hang out' upside down but you will also calm your nervous system so that you leave feeling refreshed and ready to tackle the rest of the week!</p>
<p><b>Wednesday</b>  <b>12:15-1:30 p.m.</b>  <i>Classroom 3</i>  <i>Humpday Hatha</i>  <i>With Jenn Pun</i></p>	<p>Flow through a series of energizing hatha yoga postures to help you continue through your week. Each class is focused on a theme and geared to those who show. Join us in exploring the world of yoga and mindfulness on the mat (and off!). Open to all levels; there will always be variations to fit your need!</p>
<p><b>Thursday</b>  <b>6:15-7:15 p.m.</b>  <i>MPR</i>  <i>Yang/Yin Yoga</i>  <i>With Bonnie Chiong</i></p>	<p>Bonnie will be teaching this Yang/Yin class, with a 5-10 min "posture of the day" workshop at the beginning to focus the class. This pose will be revisited during the class to allow students time to explore this posture in their own practice. Poses will be held for longer than normal, focusing on uniting breath with movement, opening up the heart, and coming back to intention. Lots of smiles and ability to laugh is a must!</p>
<p><b>Friday</b>  <b>2:45-3:45 p.m.</b>  <i>Classroom 2</i>  <i>Flow into the Weekend</i>  <i>With Kimberly Traverse</i></p>	<p>Join Kim to finish off the CCNM work week right... with an energizing flow/vinyasa style yoga class! Kim comes to us with experience in Iyengar yoga—a style rooted in proper alignment and posture. Kim will be creating classes suitable for the students, and suitable for the challenges we go through at CCNM! TGIF!</p>