THE HEALTH ADVANTAGE YOGA CENTER, Inc.
Yoga and Personal Development

June 2021 Session Class Schedule

Register here > Classes are livestream via Zoom except where in-studio is noted.

Monday *$10/each online class ($40/full month); $25/each in-person class ($100/full month)*
10 – 11 am: Yoga 1-2 with Carol Ann *(* no class 6/14, 6/21. Full session $20)*
10 – 11 am: Teen Yoga with Pat P.
10 – 11:30 am: *In-Studio* Yoga 2 with Kelly
7 – 8 pm: Gentle Yoga with Kelly

Tuesday *$10/each online class ($50/full month); $25/each in-person class ($125/full month)*
10 – 11 am: Gentle Yoga with Kelly
10 – 11:30 am: *In-Studio* Yoga 3 with Erin
12 – 1 pm: Yoga Techniques with Susan *(*No class 6/8. Full session $40)*
5:45 – 7:15 pm: *In-Studio* Yoga 3 with Shawn
7:30 – 9:00 pm: *In-Studio* Yoga 1 with Shawn

Wednesday *$10/each online class ($50/full month); $25/each in-person class ($125/full month)*
10 – 11 am: Mad Skills for Healthy Aging with Pat P.
3 – 4 pm: Alignment-Based Vinyasa with Erin
7 – 8:30 pm: *In-Studio* Yoga for Men with Daan

Thursday *$10/each online class ($40/full month); $25/each in-person class ($100/full month)*
9 – 10:15 am: Yoga 3+ with Erin *(*$12.50/75 minute class; $50/full month)*
10 – 11 am: Yoga for Walkers with Carol Ann *(*no class 6/17, 6/24. Full session $20)*
10 – 11 am: Gentle Yoga with Kelly
10 – 11:30 am: Gentle Yoga w/optional Weights with Kelly *(*$15/90-minute class; $60/full month)*
4 – 5 pm: Chair Yoga with Nora
4 – 5 pm: Yoga 3 with Erin
5:45 – 7:15 pm: *In-Studio* Yoga 2 with Pat
7 – 8 pm: An Evening Practice with Doug (video release)

Friday *$10/each online class ($40/full month)*
10 – 11 am: Yin Yoga with Pat P.

Saturday *$10/each online class ($40/full month); $25/each in-person class ($100/full month)*
8:45 – 9:45 am: Yoga 1-2 with Daan
9 – 10 am: Yoga 2 with Erin
10 – 11 am: Yoga 1 with Susan *(*no class 6/5. Full session $30)*
10:45am – 12:15 pm: *In-Studio* Yoga 2 with Erin

Sunday *$10/each online class ($40/full month)*
9 – 10 am: Yoga for Cancer (Y4C) with Rita
10:30 – 11:30 am: Yoga Core and Shoulders with Rita

June 2021 Class Descriptions

Yoga 1 An introductory class for students who are new to Yoga. This class focuses on poses to stretch and strengthen the legs, back, and shoulders. Emphasis is given to the basic alignment of the standing poses. Livestream (Sat.): 60 minutes. In-studio (Tues): 90 minutes.

Yoga 1-2 students will find an emphasis on refining poses, building endurance, and explaining the basic principles of alignment. This class is suitable for students who have practiced other styles of yoga, but it is not suitable for those who have never studied yoga before. 60 minutes.

Yoga 2 focuses on refining the standing poses and learning basic sitting postures, simple back bending poses, and the shoulder stand using the principles of alignment. It is recommended that students complete both Yoga 1 and Yoga 1-2 before taking Yoga 2.
Livestream (Sat. AM): 60 minutes. In-studio (Mon. & Sat. AM, Thurs. PM): 90 minutes.

Yoga 3 Students should expect refinements to postures learned in Yoga 2 and Yoga 2-3, additional backbends, and strengthening postures. We recommend that students have completed at least 3 sessions of Yoga 2 before taking this class.
Livestream (Thurs. PM): 60 minutes. In-studio (Tues. AM & PM): 90 minutes.

Yoga 3+ is the extended version of the Yoga 3 class from earlier in the week. The longer format gives us the ability to work more deeply, to include more challenging postures, and to practice inversions. Have available wall space nearby, if possible; a folding chair is a plus. Suitable for Yoga 3 and Yoga 4 students. 75 minutes.

Alignment-Based Vinyasa is an energetic practice containing series of postures that flow with the breath. Recommended for HAYC students who have completed at least 2 sessions of Yoga 2, who can move easily through Chaturanga and Upward Facing Dog, and who are without serious physical injuries or limitations. 60 minutes.

An Evening Practice An enjoyable, smooth, moderately-paced flow with instruction and relaxation. Appropriate for students in Yoga 2 and above. Have a block, a belt, and a blanket available if possible. Each class will be prerecorded, and the link and password will be sent to everyone who has registered at class time.

Chair Yoga If injuries or other mobility issues prevent you from doing yoga, if you cannot get up from or down to the floor to do the poses you love, learn to adapt your practice in Chair Yoga. Sun Salutations plus twists, forward and back bends, and standing poses can all be done either sitting in a chair or standing in front of or behind it. No yoga experience necessary. 60 minutes.

Gentle Yoga is designed for those who prefer a less vigorous class. It includes gentle stretches and breathing as well as simple movements designed to systematically increase the range of motion of every major joint and increase energy. This class is ideal for students with chronic symptoms such as muscle/joint pain, stiffness, weakness, or fatigue. No yoga experience necessary. 60 minutes.

Gentle Yoga with Optional Weights add-on This class includes both Gentle Yoga (10 - 11am) and the Weights add-on (11 - 11:30am). It is designed to build strength and to empower you to meet your everyday activities with confidence. The use of weights adds a new dimension of fitness to your yoga practice, targeting key muscles to overcome common muscular imbalances that can make normal functions challenging and often are at the root of chronic pain. Strength training using weights offers benefits, even if your goal is not to get "bigger muscles." Modifications will be made to accommodate all levels and to maximize the benefits of your practice! 90 minutes. This class will be streamed through Zoom.

Mad Skills for Healthy Aging students will blend in the mad skills needed to age more gracefully. We will explore how to tailor our yoga practice to enrich our yoga toolbox by focusing on balance, stability, flexibility, and agility through asana, pranayama, and relaxation. Open to students Yoga 1-2 and above.

Teen Yoga provides teens the opportunity to participate in a nurturing activity that provides exercise for the total body as well as relaxation techniques that can be used for school, sports, performing arts, sleep improvement, and life skills. Yoga allows teens to find strength and flexibility through practice and patience. Appropriate for ages 12 to 18. 60 minutes.

Yin Yoga is partially based on the Chinese energy system and is designed to bring energetic balance and harmony into our yoga practice and lives. This quiet class focuses on our connective tissues and the protection and health of our joints. Suitable for students who have completed at least one session of Yoga 2. 60 minutes.

Yoga Core and Shoulders addresses two areas of the body where we can all use more strength: the core and shoulders. In this class, we will be targeting those two areas with supine, standing, and seated asanas. This is an augmentation of your Yoga 2 practice and an introduction to Yoga 3, as core and shoulders are the foundation of inversions. Open to students who have completed at least 3 sessions of Yoga 2. 60 minutes.

Yoga for Cancer (Y4C) with the y4c methodology. Don't be fooled - this is a very active class! Each week will have a different theme. Open to all levels. 60 minutes.

Yoga for Men is designed for men whose goal is to improve their flexibility. We will focus on the yoga fundamentals for stretching safely the areas where men are usually tight, such as shoulders, hips, and hamstrings to improve everyday life. No yoga experience required. In-Studio: 90 minutes.

Yoga for Walkers Has quarantining encouraged you to walk more often? The weather has been fabulous and since we cannot go to the gym, walking is a great form of exercise and can decrease stress. However, walking can lead to soreness in the hips, tight hamstrings, tight calves and tired feet. We also tend to walk with our head and shoulders forward of our pelvis leading to rounded neck and shoulders. This practice is designed to complement and balance the effects of walking. Open to all levels. 60 minutes.

Yoga Techniques is a one-hour, mixed-level course where we explore a different area of the body or class of pose each week. Appropriate for students in Yoga 1-2 and above. 60 minutes.