



CLASS DESCRIPTIONS

**Please note: no street shoes allowed in the studio. If you must wear shoes, the soles must free of residue or anything that can be transferred onto our mat flooring.*

Subtle® Yoga for Healing (Sundays)- A growing body of research demonstrates the efficacy of yoga for mental health, including the neurobiological benefits of this ancient practice. Subtle® Yoga is an exceptionally adaptable person-centered approach to yoga practice which may be tailored to clients with differing abilities. It fosters the development of attention and mindfulness, and promotes spiritual development in the context of any belief system. Subtle® Yoga is mindful, meditative, trauma-informed instruction that focuses on slower, safe movement to calm your nervous system and encourage healing. ***Instructors: Maria S. White & Jenne Sluder***

Yoga Flow + Restore (Sundays beginning in June)-An Ashtanga-inspired flow set at a mindful pace with an emphasis on healthy alignment and use of breath to nourish vitality. Accessible to both seasoned beginners and intermediate/advanced students. ***Instructor: Jenne Sluder***

Kundalini Yoga (Sundays and Thursdays)-Kundalini Yoga is called the Yoga of Awareness. Practicing it allows you to build a healthy body, keep it in shape, increase your vitality, train your mind to be strong and flexible in the face of stress and change, make contact with your infinity and your innate wisdom as well as open the door so that you can fulfill your potential. It balances the glandular system, strengthens the nervous system, and enhances creative potential. Kundalini Yoga gives you the vitality and health that is your birthright. It makes you radiant, peaceful and strong so that you can meet life's challenges victoriously and with grace. ***Instructors: Jagdeesh Kaur (Suzi Johnson) & Daya Narayan (Betsy Perry)***



Fun Flow with Props, Wall & You (Mondays) Explore hatha poses and their integration into movement and yoga flow sequences. Playful alignment and pose mechanics using props, the wall and your body. Class will incorporate breath work and a sweet Savasana. Prior yoga experience is helpful, but not required. Poses and floor work will provide modifications and options. This class may use high quality essential oils with a diffuser.

Instructor: Bitsy Merriman

Good Morning, Yoga! (Mondays & Wednesdays)- Alignment-based yoga together with combination asanas. Morning meditation and breath help you greet the day. Students move in and out of poses, merging slowly and mindfully. Props may be used to fully extend into each posture. ***Instructor:***

Sandi Hartz

Chair and Standing Yoga (Mondays, Tuesdays, Wednesdays and Fridays)- A fun and nurturing yoga experience without the fear or discomfort of getting up and down off the floor. Modifications and professional instruction ensure that you will gain strength, flexibility, balance and a deeper connection within. ***Instructors: Kathleen Sweeney, Marian Soss, Denise McDorman***

Barre (Wednesdays IN MAY) Barre classes incorporate specific sequencing patterns and isometric movements that target specific muscle groups. This pattern of exercise helps to improve strength, balance, flexibility and posture. Barre classes are low-impact and are conducive to all fitness levels. ***Instructor: Wendy Schuchart***



PM Yin Yoga (Mondays & Wednesdays)- In this class, we will practice the passive art of holding poses, finding stillness, targeting connective tissues, joints, ligaments, and meridians (Yin). This class is ideal for those who are seeking to restore peace and reduce the stress of the workday.

Instructor: Polly Wing

Tai Chi Chih (Mondays and Thursdays)- This beautifully modified version of Tai Chi Ch'uan, consists of 19 gentle, graceful movements that can be done by almost anyone. Tai Chi works with the building blocks of the universe--yin and yang, bringing balance to the chi or *energy* within us and our lives. ***Instructor: Bev Ward***

Therapeutic Yoga (Tuesdays) Slow, gentle, mindful movement that relieves tension, encourages healing, improves balance and flexibility, and brings a sense of inner calm and clarity. Learn to use specific yoga practices to address mental health and physical health issues.

Beginner-friendly and suitable for all levels of experience. ***Instructor: Jenne Sluder***

Yoga Flow & Mindful Movement (Tuesdays beginning in June) Slow, mindful movements, with a focus on really staying connected to and in the body. This practice is for those who are able to find inward focus and move into poses like downward dog (and holding poses for a minute). It will include “slow twitch” physical work. ***Instructor: Christie Alexander***

Yoga for Joint Health (Thursdays)- What is vitality? It is defined as “the state of being strong and active” and “the power giving continuance of life; present in all living things”. When you practice yoga regularly, vitality is with you when you wake up in the morning and stays with you throughout the day—you just feel better, healthier, and more energetic. The Chinese say,



“You’re only as old as your joints.” It’s true that as we grow older, if our joints start to hurt, it can make it hard to do many of the things we’re accustomed to doing, for movement in daily living and meaningful activities. Regular yoga exercise can improve our joint health, keep our bones strong, our muscles firm and flexible. The effect of the flow of yoga on the body allows us to feel enlivened after practice. Join us on our joint-friendly flooring to practice yoga for strength, conditioning, body mechanics and vital energy. ***Instructor: Kathleen Sweeney***

Gentle Movement w/Tension Release & Extended Relaxation

(Fridays)-This well-balanced flow is an inspiring blend of traditional postures, energetic therapy, and rehabilitative support. Transitions are smooth and clearly described for any new students. Regular practice will tone every system of the body and leave you feeling more connected to yourself, your purpose and the world. Every class is unique! Participants must be able to get up and down off the floor independently. Please come early to discuss any limitations. We will have tension release exercise through the practice of tremoring, as well as an extended relaxation. ***Instructor: Kathleen Sweeney***

AM Yin Yoga (Fridays)- Learn to be still with Yin Yoga. A slow-paced style of yoga with asanas, or static stretches that are held for longer periods of time. The passive floor poses increase mobility of the joints, hips, pelvis, inner thighs and lower spine. By releasing the fascia in the body through static stretches, the body can restore and reformulate the ways our joints and tissues connect to one another. Therefore, Yin Yoga increases flexibility and provides better circulation throughout the physical structure. Come and cultivate a quiet mind and outer calm with Yin Yoga. ***Instructor: Marian Soss***



Myth & Yin (Fridays) -This class offers students the opportunity to enjoy one of yoga's oldest traditions; storytelling. Come and dive into Myth, the language of the soul, while enriching the subtle layers of the body through a slow, deep Yin practice, all while embracing yoga's heritage of oral tradition. ***Instructor: Christie Alexander***

Intermediate Vinyasa Flow & Core (Saturdays) Kick off your weekend with a Vinyasa-style yoga class with plenty of deep core work designed to create strength from the inside out. Expect a mix of intelligently-sequenced standing and seated flows, plus strengthening poses for the belly, butt, back and hips. ***Instructors: Sandi Hartz***

WEEKLY BONUS: Yoga Lab with Steve (Mon-Fri, Donation-Based)-Although Steve is not a certified yoga teacher, he studied and did yoga 6 days a week for 10 years with Fred Brown. Steve has been a Chiropractor since 1981. He raised 4 sons here in Hendersonville. Steve is man of many talents, including woodworking and soccer. He loves life! Join Steve for an early morning meditation and yoga practice designed for curiosity, personal practice, and basic learning. ***Steve Westin***

Come visit us at The Shift for Yoga, Tai Chi, Movement, Connection, Community, Meditation & Transformation.

Stretch - Learn -Heal

708 B Fleming St., Hendersonville, NC 28791

We are directly across from Pardee Hospital in the heart of downtown Hendersonville. We have plenty of off-street parking available in our lot, but please do not park in front of the Vintage Rose Salon or other marked spaces.