

BREATHE. S-T-R-E-T-C-H. STRENGTHEN!

YOGA & SPECIALTY PROGRAMS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENOBSCOT BAY YMCA

PO Box 840 • 116 Union Street

Rockport, Maine 04856

207.236.3375 • www.penbayymca.org

Theo Berez - tberez@penbayymca.org

Spring II Session: April 23 - June 10

MASSAGE THERAPY

Add Massage Therapy to your wellness routine! Massage therapy can be used to improve your athletic performance, speed recovery, and can be utilized by all individuals who have the desire to enhance their overall health. For more information please contact the front desk. Our massage therapy treatment room is located at the Lily Pond house.

Book your appointment! Call the Y at 236.3375.

1 Hour - \$50 Members / \$70 Participants

QI GONG ♥

(Location: Lily Pond Studio)

You will experience the ancient Chinese healing art involving meditation, controlled breathing, and movement exercises.

Sunday: 10:00-11:00 AM

Free Members / \$15 Participants Drop In Per class

Instructor: Tim English

YOGALATES ♥ ♥ ♥

(Location: Lily Pond Yoga Studio)

Feel amazing with this upbeat, vinyasa flow yoga class infused with pilates-inspired, core strengthening exercises. Class begins with mindful breathing and slow stretches, then moves into a strong flow of yoga poses to develop balance and flexibility while increasing your heartrate. You'll leave feeling strong, calm, and ready for the rest of your day.

Wednesday: 9:30-10:30 AM

Free Members / \$15 Drop in class*

***Can be purchased at Welcome Desk Main Building**

Instructor: Kristin Johns

HEATED VINYASA FLOW ♥ ♥

(Location: Lily Pond Yoga Studio)

You will enjoy all aspects of this well rounded class. Sit, stand, balance, stretch, invert, lie down...there are asanas (poses) of all types and for all bodies in this strong and creative class. Modifications given to lessen or increase intensity.

• **Tuesday: 9:30-10:30 AM (Denyse)**
6:15-7:30 PM (Hanna)

• **Thursday: 9:30-10:30 AM (Kristin)**

• **Friday: 9:30-10:30 AM (Lindsey)**

• **Saturday: 10:00-11:15AM (Hanna)**

Session Pass Cost: \$50 Members

Drop-in Pass: \$8 Members / \$15 Drop in class

***Can be purchased at Welcome Desk Main Building**

**Instructors: Denyse Robinson, Kristin Johns,
Hanna DeHoff, Marylou Cook and Lindsey Braun**

• **Please Note: Nia will return in the summer!**

YIN YOGA ♥ (Location: Lily Pond Yoga Studio)

You will focus on gently and slowly stretching the less elastic tissues of the body such as ligaments, joints, fascia. Poses are moved into with care and held for longer periods of time. Mindfully taking positions will stretch the connective tissues of the body, helps us maintain flexibility in these tissues as we age allowing us to stay limber both physically and mentally. All poses are seated or lying down.

Max: 10 participants

Thursday: 4:00 - 5:15 PM

Cost: Free Members / \$15 Drop In*

Instructor: Marylou

***Can be purchased at Welcome Desk Main Building**

HOW TO YOGA ♥ (Location: Lily Pond Yoga Studio)

Learn Yoga movement and Yoga lingo with this class designed to introduce you to the basics. The purpose and design of the class is to introduce language and movement together to help you feel more comfortable in your Yoga practice and your first Yoga class. The class will progress through the session while building on the previous classes. Take the intimidation out of Yoga and give yourself a gift of a new way to move for your body.

Monday: 8:45 - 10:00 AM

Cost: Free Members / \$15 Drop in*

***Can be purchased at Welcome Desk Main Building**

Instructor: Emily Sirianni

FULL BODY YOGA ♥ ♥ ♥

(Location: Lily Pond Yoga Studio)

For those short on time, this 30-minute yoga class focuses on increasing flexibility and range of motion. Stretch everything from your head to your toes and leave feeling refreshed, warm and happy. Any skill level welcome.

Tuesday: 11:00 - 11:45 AM

Cost: Free Members / \$15 Drop in*

Instructor: Emily Sirianni

SPECIAL GUIDED MEDITATION SERIES - NEW!

(Location: Lily Pond Yoga Studio)

This seven-week meditation series focuses on cultivating an inner environment of total balance and wellness and helps people to challenge any limiting thoughts or beliefs they have held that no longer serve them or their well-being. Through guided meditation, we unleash the inner forces that help heal, generate self awareness and foster a connection to the creative Universal Divine. Drop-In or attend all the workshops to gain a better understanding of meditation as a wellness practice.

Thursday: 5:30-7:00 PM

April 26, May 3, 10, 24 & 31 & June 7, 14 (No class May 17)

Cost: Meditation Series (includes Yoga Pass!): \$70 Members

Drop-in Pass: \$8 Members / \$15 Drop in class

***Can be purchased at Welcome Desk Main Building**

Instructor: Diana Marie Chapin