

Mindful Movement Class Schedule

November 16th - 22nd, 2019

Class Time	Saturday
9:00 - 10:00 am	Kundalini Yoga Valerie Oula
10:15 - 11:05 am	COMPLETE Chelsea Dornan
10:30 - 11:00 am	Meditation Valerie Oula
11:15 - 12:15 pm	Yoga Chelsea Dornan
12:30 - 1:00 pm	HEAT* Chelsea Dornan
12:30 - 1:30 pm	Yoga James Bulgin
4:00 - 5:00 pm	Yoga James Bulgin

Class Time	Sunday
10:00 - 11:30 am	Yoga Dalal A. Arnold
10:00 - 10:30 am	Meditation Manjit Devgun
12:30 - 1:00 pm	HEAT* Alex Garcia
12:00 - 1:00 pm	QiGong Jonathan Angelilli
4:00 - 4:20 pm	Meditation Leslie Helpert
4:30 - 5:30 pm	Yoga Leslie Helpert

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:00 am	HEAT* Cynthia Thorne		HEAT* Cynthia Thorne		HEAT* Alex Garcia
7:15 - 8:15 am			Yoga Dalal A. Arnold		Yoga Dalal A. Arnold
8:00 - 8:50 am		Ashtanga Yoga Karri Jinkins		Ashtanga Yoga Karri Jinkins	
8:30 - 9:00 am	Meditation Manjit Devgun	Meditation Manjit Devgun	Meditation Manjit Devgun	Meditation Manjit Devgun	Meditation David Booz
9:30 - 10:20 am	COMPLETE Joyce E. Levy	Yoga Dalal A. Arnold	COMPLETE Joyce E. Levy	Yoga Dalal A. Arnold	Yoga Dalal A. Arnold
10:45 - 11:15 am	Meditation Manjit Devgun				
12:00 - 12:20 pm	Meditation Chrissy Carter	Meditation Lindsay Tyson	Meditation Joyce E. Levy	Meditation Rima Rabbath	Meditation Chrissy Carter
12:30 - 1:30 pm	Yoga Chrissy Carter	Yoga Lindsay Tyson	Yoga Joyce E. Levy	Yoga Rima Rabbath	Yoga Chrissy Carter
12:30 - 1:00 pm	HEAT* Alex Garcia	HEAT* Alex Garcia	HEAT* Alex Garcia	HEAT* Alex Garcia	HEAT* Alex Garcia
2:00 - 2:20 pm	Meditation Joyce E. Levy		Meditation Joyce E. Levy		Meditation Joyce E. Levy
4:00 - 4:50 pm			QiGong Jonathan Breshin		COMPLETE Joyce E. Levy
5:00 - 6:00 pm	Kundalini Yoga Valerie Oula		Yoga Karri Jinkins	Yoga Katrine van Wyk	5:00 - 5:20 pm Breath Work
5:30 - 6:00 pm		Meditation Joyce E. Levy		Meditation David Booz	5:30 - 6:30 PM Sound Healing Manjit Devgun
6:30 - 7:00 pm	HEAT* Alex Garcia		HEAT* Alex Garcia		
6:15 - 7:15 pm	Yoga Raj Barker	COMPLETE Joyce E. Levy		Yoga Ali Cramer	
6:30 - 7:15 pm	Meditation Valerie Oula		Meditation Jessica Phillips		
7:30 - 8:30 pm	Yoga William Defebaugh	Yoga Leslie Helpert	6:30 - 8:00 PM Movement Spotlight: Leslie Helpert	R+R Lisa Weinert	
8:30 - 9:30 pm	R+R William Defebaugh				



Mindful Movement Class Descriptions



THE WELL

Yoga

Our classes synthesize flow-based practices, breathing techniques and mini meditations, resulting in an experience that is both athletic and aligning.

Complete

THE WELL's signature class is a dynamic blend of strength training and yoga that will focus you mentally and condition you physically. You will flow to great music, awaken your inner athlete, and leave feeling empowered.

HEAT: High-Energy Activation Training

These challenging 40-minute total-body circuits kick off in small groups every 10 minutes. Pre-registration required.

Sound Healing

A restorative class that integrates gentle movements and stillness, along with vocals, instrumentation and quiet meditative periods to generate a vibrational frequency that harmonizes the environment and promotes relaxation.

Meditation

These teacher-led group sessions draw upon a variety of proven techniques that empower you to better manage stress and upgrade your overall well-being.

QiGong

An ancient Chinese wellness practice that involves fluidly linking deliberate, meditative movements and rhythmic breathing.

Kundalini

This spiritual form of yoga utilizes breath work, Kriya sets (repetitive movements performed for an extended time—not a flow) and mantra chanting to awaken dormant energy and promote mental clarity.

R + R

A gentle class using bolsters and blankets to support the body in postures that clam the nervous system and reduce stress. Aromatherapy, hands-on adjustments, and Reiki may be incorporated to induce even deeper relaxation.

Ashtanga Yoga

An invigorating practice that coordinates breath and movement, through an established sequence of postures known as The Primary Series.

Movement Spotlight

A weekly class featuring a visiting instructor that will include both movement and a higher-learning experience connected to the teacher's expertise, which ranges from pain management to advanced breathing techniques to ritual creation.