

Mindful Movement Class Descriptions



Yoga

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

Centering

This 20-minute class incorporates meditative mantras, breath work, and other practices to help you drop into a more relaxed, focused headspace.

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.

Guided 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.

Quickies

Efficient 30-minute classes that span the entire spectrum of the mindful-movement and fitness program.

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.

Open Practice

A dedicated time for students to practice yoga in a group setting at their own pace and under the supervision of a teacher.

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.

Fall 2019 Mindful Movement Class Schedule

October 21st - 27th, 2019

To save your spot or book: Call 646.560.8080, text 917.905.8810 or email reservations@the-well.com

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:00 am	HEAT* Alex Garcia		HEAT* Alex Garcia		HEAT* Alex Garcia
7:30 - 8:30 am		Yoga Karri Jenkins		Complete Chelsea Dornan	
8:30 - 9:00 am	Meditation Juan Gamboa	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 Juan Gamboa
10:30 - 11:30 am			Yoga Raj Barker		
12:00 - 12:20 PM	Centering Karla Misjan	Centering Lindsay Buehler	Centering Joyce E. Levy	Centering Rima Rabbath	Centering Karla Misjan
12:30 - 1:30 PM	Yoga Karla Misjan	Yoga Lindsay Buehler	Yoga Joyce E. Levy	Yoga Rima Rabbath	Yoga Karla Misjan
12:30 - 1:00 PM	HEAT* Alex Garcia	HEAT* Alex Garcia	HEAT* Alex Garcia	HEAT* Chelsea Dornan	HEAT* Chelsea Dornan
1:30 - 3:00 PM	AVAILABLE FOR PRIVATE LESSONS				
4:00 - 4:50 PM			QiGong Jonathan Breshin		Complete Chelsea Dornan
5:00 - 6:00 PM	Kundalini Yoga Valerie Oula		Yoga Karri Jenkins	Yoga Katrine Vanwyk	5:00 - 5:20 PM Quickie: Breath Work Leslie Helpert
6:30 - 7:00 pm			HEAT* Alex Garcia		
6:15 - 7:15 PM	Yoga Joyce E. Levy	COMPLETE Joyce E. Levy		Yoga Ali Cramer	5:30 - 6:30 PM Sound Healing Leslie Helpert
6:30 - 7:15 PM		Meditation Gemma Gambee-Lewis	Meditation Jessica Phillips	Meditation David Booz	
7:30 - 8:30 PM		Yoga Juan Gamboa	6:30 - 8:00 PM Movement Spotlight: Art of Living	R+R Lisa Weinert	
8:30 - 9:30 PM					

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 Juan Gamboa
4:00 - 5:00 PM	Yoga James Bulgin

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
4:00 - 4:20 PM	Centering Juan Gamboa
4:30 - 5:30 PM	Yoga Juan Gamboa

Mindful Movement Studio
 Meditation Dome
 Private Training Gym: HEAT Classes*