



StarFish Dance & Yoga

(Formerly known as Yoga & Nia for Life)

August 2019

FEES

Drop In \$17
10 classes for \$150

MTA members
Drop In \$15
10 classes for \$140

***Thurs Svaroopo Yoga \$22 drop-in

*****Yoga For Stiff People: Register for 4 week session. Info on website

**Dance Spells™ on
Wed, Aug 14, 18 & 28
7:00-8:00pm**

Please note: Due to the restructuring of StarFish, all class coupons expire on Oct 30th, 2019. Please use them before that date.

MONDAY

10:00-11:00 am
4:00-5:15 pm
6:00-7:15 pm

BeSoul™ Dance
Peaceful Mindful Yoga
Peaceful Mindful Yoga

Robyn Maltz
John Calabria
John Calabria

TUESDAY

7:25-8:40 am
8:45-9:45 am
10:15-11:30 am
12:00-1:15 pm
4:30-5:30 pm

Sunrise Yoga
Nia Technique
Peaceful Mindful Yoga
Gentle Yoga
Yoga For Stiff People*****

Sheila Bienemann
Holly Kania
John Calabria
Ana Ayvazian
Kelly Western

WEDNESDAY

9:30-9:55 am
10:00-11:00 am
6:30-7:30 pm

Laughter Yoga (no class 7/20)
BeSoul™ Dance
Dance Spells 8/14, 18 & 28

Maria Skinner
Maria Skinner
Maria Skinner

THURSDAY

8:45-9:45 am
10:00-11:30 am
4:00-5:15 pm

BeSoul™ Dance
Svaroopo Yoga***
Peaceful Mindful Yoga

Maria Skinner
Lissa Fountain
John Calabria

FRIDAY

8:00-9:15 am
10:00-11:00 am
6:00-7:00 pm

Sunrise Yoga
BeSoul™ Dance
JourneyDance

Sheila Bienemann
Maria Skinner
Lindsey Melancon

SATURDAY

8:00-9:30 am
10:00-11:00 am

Peaceful Mindful Yoga
BeSoul™ Dance

John Calabria
Maria/Robyn

SUNDAY

9:00-10:30 am
11:00-12:00 pm

Peaceful Mindful Yoga
BeSoul™ Dance

John Calabria
Maria Skinner

starfishdanceyoga.com
135 Commonwealth Ave.
W. Concord, MA 01742
(978) 314-2735

CLASS / STYLE DESCRIPTIONS

AGELESS GRACE

Come and get your brain food! Trainings for your body & brain; fun, new neuropathways and a workout too! AG is a cutting-edge fitness program based on neuroplasticity that activate all 5 functions of the brain and simultaneously addresses all 21 physical skills needed for lifelong optimal fitness. For trainings check out website.

BESOUL™ DANCE

BeSoul™ Dance is a class that provides an opportunity to connect to your deepest self through movement and self-expression. Choreography is simple and enlivening, music is fantastic and varied, we dance together to get fit & free in body, mind and soul.

DANCE SPELLS™

Everything comes through the body, our senses, our emotions, our intuitions and our thoughts. We will write and then dance to embody and explore what is moving through us, creating reality from the inside out. Develop this skill in a deeply safe and supportive group.

GENTLE YOGA

For beginners and/or people with specific physical problems: Arthritis, soft-tissue injuries, stiffness, inflexibility. Breathing, stretching and strengthening are emphasized to augment healing. Good for beginners and those recovering from physical ailments.

KRIPALU YOGA: GENTLE & SUNRISE

Integrates the mind, body and spirit in a deeply transformational process based on classical yoga postures and breath work. Emphasis is placed on linking breath with movement and on attention to the present moment.

LAUGHTER YOGA

Laughter Yoga is a way to invite laughter without having to wait for something funny. Laughter improves immune function, decreases blood pressure, releases endorphins and reduces stress. We begin breath exercises and move on to simple movements and games that invite us to laugh out loud and laugh together. People of all ages and fitness levels can participate. Elevate your mood and decrease tension and stress! Fee for this class is Heart donation.

NIA TECHNIQUE

Nia is an ecstatic yet deeply grounded body-mind-spirit fitness and lifestyle practice that empowers people to cultivate mental, emotional and spiritual health & fitness via joy and pleasure. Music and movement variety make each class a unique experience. All levels.

PEACEFUL MINDFUL YOGA

Uplifting and Serene. Smooth transitions through nurturing postures relieve anxiety, stress, and depression. Lots of

breath, gentle encouragement, and introspection bring clarity. A good blend of Body, Mind, and Spirit. All levels welcome.

JOURNEYDANCE™

JourneyDance™ is a powerful movement class that will take each participant through an inward journey using a blend of many disciplines including shamanic technique, chakra work and storytelling each accompanied by various musical genres. Using a delightful mix of both soothing and high energy, as well as optional group, partner and individual dances JourneyDance™ has something for each participant. It is recommended that participants bring a small blanket or towel, for some floor work as well as a journal for class reflection at the end. Come journey deeply into the wisdom and power of YOU!

SVAROOPA YOGA

Svaroopo yoga is particular style of hatha yoga that emphasizes the muscles at the tailbone and sacrum setting up a dynamic for tension release in the whole spine, back & body. Thursday morning Svaroopo: Contact Lissa at yogaconnection@hotmail.com or 508-624-7762 for info or to register. Drop-in: \$22.

YOGA FOR STIFF PEOPLE

Yoga for Stiff People focuses on movement and breath, with an emphasis on modifying for your specific needs (injury, limitation, etc). It is designed as a "session" to encourage people to come more often. The routine is fairly similar class to class so that people can see their progress. Since the price is lowered for a "session" -commitment to showing up is important. There are generally no make-up classes.