



# HIGH MOUNTAIN HALL

**5Rhythms® Dance** The 5Rhythms are an inspired movement practice that frees the body, balances the psyche, opens up the heart and clears a path for spirit. At times it is exhilarating and fun... at other times deep and still... and all places in between. This class is designed to get you moving... mind, body and soul. (Th 7:00 – 8:30pm)

**Inner Sanctuary Yoga with Michele DiGirolamo** This Kripalu inspired yoga class incorporates classic asanas to enliven your body with guided visualizations to restore your inner sanctum. Elements of Shiatsu weave into class with self-massage and meridian stretches clearing out the cobwebs so that your body feels alive, your mind awakened and your heart at peace. (W 10:45-11:45am) All proceeds benefit Heifer International.

**Iyengar Yoga** This is a dynamic class moving through the full range of asanas; we commence with a flow of standing postures, often move through backbends/twists/forward bends, and do inversions. While the class is very active, it is also suitable for beginners willing to challenge themselves because the Iyengar method is very instructive on teaching proper alignment in all the asanas and presenting variations of poses that every body type can achieve. (T/Th 9:00-10:30am)

**Oneness Blessing** The Oneness Blessing is a transfer of energy, similar to Reiki, but it only takes a couple of minutes. Please allow ½ hour for questions, to get quiet, receive the Blessing and relax afterwards. Pillows and cushioning are provided. (Tu Noon)

**Sacred Sweat** called by some as “mindfulness in motion”, SACRED SWEAT brings sweat, strength, joy, laughter, questioning of your perceived limitations, hip shaking, thought provoking, earth quaking fun to your life...it is truly a gift you give yourself. Everyone is welcome. You take it to the level that works best for you and beyond. Come and surprise yourself! (M/W/F 8:00 – 9:00am)

**Svaroopa® Yoga** This is a slow and gentle style of yoga that brings profound results. Pre-registration is appreciated. (Tu 5:15 – 6:45pm, F 10:00 – 11:30am)

**Tai Ji** is an Art that provides gentle exercise and promotes healing energy. Practicing Tai Ji with Priyadarshi opens the gate to the form's language, which communicates a more gentle way of being. (Sunday, Elemental 10:00am, Deepening 11:15am)(begins 9/25)

**Zumba®** fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy! The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got Zumba®! (T & Th 7:00 – 8:00am)

## Upcoming Special Events

August 13th	Full Moon Kundalini Yoga and Gong Class 5:30 – 6:30pm
August 14th	New Moon Movement Circle 7:00 – 9:00pm

September 17th – 23rd Nia Training