



HIGH MOUNTAIN HALL

5Rhythms® Dance with Kari and Anna 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 6:30 – 8:30pm)

Sweat Your Prayers with Kari and Anna Based on 5Rhythms practice, this is an amazing, musical, moving meditation.

(Alt. TH 6:30 – 8:00pm)

All Levels Vinyasa Flow Yoga with Sunny On break for the month of February.

(M 10:30 – noon)

Core Workout with Korinn Thirty minutes of focused energy, directed towards strengthening the core using lightweights, resistance, and correct breathing methods, with added emphasis on balance, shaping, and toning. Please bring a mat to class.

(M 5:30 – 6:00pm)

Defining Strength with Nell Weight training for everyone. Build lean muscles to tone, increase flexibility and feel strong. The focus of this class is to use simple strength training movements to create muscle endurance, strong bones and balance.

(M/TH 3:45 – 4:45pm)

Donation Only Vinyasa Flow Yoga with Denyse Come join these welcoming healing and invigorating Vinyasa flow classes. These are open level classes with the intention to calm the mind, strengthen the body and rejuvenate the soul. *(Sa 8:30-9:45am & 10:00-11:15am)*

Inner Sanctuary Yoga with Michele 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 with Colleen 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)*

Kundalini Yoga with Kristi Empowering classes to awaken and circulate the life force energy within. Utilizing breath techniques, postures, mantra and meditation to bring forth balance on all levels. Everyone is welcome. Live Music and Chanting! *(Th 5:15 – 6:30pm)*

Pilates Mat Class with Brigitte The Pilates Method offers a gentle, safe and powerful approach to physical and mental well-being. Pilates requires Mental Focus-which quiets the mind and directs the target muscles to respond more quickly to training.

(Th 2:30 – 3:30)

Root Rhythms with Amy This yoga class combines elements of strength, endurance and athleticism, balanced by surrender, softening, and letting go of expectation. Powerful additions are offered as options and more gently and restful postures are woven through the practice intentionally.

(F 5:30 – 6:45pm)

Sacred Stretch with Kimberly & James Integrating focus on the breath, stretching, strength, lengthening, mobility and toning, student will find imbalances become corrected and overall efficiency increases. As each class comes to a close, you will experience a deeply relaxing and nurturing guided meditation.

(TH 5:15 – 6:15pm)

Sacred Sweat with Kimberly 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 9:00 – 10:00am)

Tai Ji with Priyadarshi 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)*

Vinyasa Flow Yoga with Kristi Sacred Morning Bhakti Sessions. This is an empowering class to awaken and circulate the life force energy within. Utilizing breath techniques, postures, mantra and meditation to bring form balance on all levels. Live music and chanting. *(M/W 7:30 – 8:45am)*

Yoga Flow with Travis This class focuses on following the flow of breath through sequences of interweaving asanas (postures) that change from class to class. This class incorporates pranayama (conscious breath practice) and meditation, to encourage students to become aware of their bodies, emotions and states of mind. *(Tu/Th 7:30 – 8:45am, Su 8:00 – 9:15am)*

Zumba® with Korinn 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®!

(M/W 6:00 – 7:00pm)

Zumba Toning® with Korinn Zumba Toning is designed to blend body sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. We will be using weighted, maraca-like Zumba Toning sticks to enhance rhythm and build strength. *(W 5:30-6:00pm)*

Upcoming Special Events

February 3rd FREE Class – Root Rhythms 5:30 – 6:45 p.m.

February 5th Contact Improvisation Workshop 1:00 - 5:00 p.m.

February 21st New Moon Movement Circles 7:00 - 8:30 p.m.