

Class Descriptions for Spring 2024

Essentrics

Aging Backwards Classes

Instructor : Kay Aparo

Tuesday at 10:30 am – or –Thursday at 10:30 am

As your cellular regeneration cycle naturally wants to slow down, the signs of aging can become more noticeable. However, by activating all of your muscles you can combat this process and maintain strength, energy, and dexterity to do all the things you love. Essentrics promotes your physical and mental ability through low-impact, gentle, coordinated and full-body movements so you can feel your best ever!

Intermediate Level Yang 24

Instructor : Rosanne Pawluk

Wednesdays at 11:00-12:00pm

This ancient and graceful form of Tai Chi is often described as “meditation in motion.” It helps reduce stress and anxiety by promoting a serene state of mind through the gentle, flowing, focused motion of the form and deep breathing. This form improves health, sleep, flexibility, focus, strength, balance, reduces stress, promotes relaxation and helps you move more gracefully. Yang 24 is the most popular form worldwide. Class will include a short meditation and will follow with step-by-step instruction of the form. Please wear comfortable clothing.

Yang 24 Advanced *permission from instructor required*

Instructor : Rosanne Pawluk

Wednesday at 9:45-10:45 am

We will continue learning and building, correct, refine and deepen the Yang 24 form.

Tai Chi Flow (Yang Long Form) and Qigong

Instructor : Judith Budd-Walsh

Mondays at 10:30 am -11:30am

Come heal your body, soothe your spirit and relax your mind with the gentle practice of Qigong. You will be guided in movements designed to cultivate Chi (life energy) to restore kidney and liver energies for the winter and then spring. Seasonal eating will be discussed for optimum health and wellness. No prior experience is needed. Wear comfortable clothing and flat shoes. Standing and seated exercises will be introduced and the instructor will provide modified steps to meet individual needs. Students will continue to be guided through the Yang Long form – 150 movements, with lung energy qigong this Fall.

Kripalu Chair Yoga for Health, Healing & Ease

Instructor : Jean Cipriano

Mondays at 12:30 pm -1:30pm

Kripalu Chair yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. The practice is great for older adults, people with certain health conditions, and those who work at a desk all day.

Kripalu Yoga

Instructor : Jean Cipriano

Thursdays at 9 am -10am

"Kripalu" means compassion. The basis of Yoga is compassionate listening to our bodies and to the energy/spirit that resides within in order to bring health, healing and ease. Yoga means union. The goal of our practice is to bring union to body and soul through postures that are stable, steady, strengthening and healing. It may look entirely different from what you've practiced in other classes and definitely different than what you see on the cover of "Yoga" magazine. Our entire Yoga practice will be "meditation in motion." Welcome to a healing journey, bring your inner spirit and allow the energy of that spirit to guide you on your individual path.

Tai Chi for Wellness & Longevity Intermediate

Instructor : Rosanne Pawluk

Fridays at 9:45 am - 10:45am

This program was developed by Dr. Paul Lam for those who would like to try a gentle, easy form of the ancient art of tai chi. If you've ever wanted to try tai chi, this is the perfect time to start. This form can be done either seated or standing. This form is endorsed by Centers for Disease Control and Prevention and is supported by Arthritis Foundations around the world. It is also recommended as an intervention for fall prevention. As with all tai chi forms, Tai chi For Health is a relaxing, low impact, weight-bearing exercise that improves physical, mental, emotional and spiritual well being. You will learn slow, gentle, controlled movements, deep breathing and mindfulness. Often described as meditation in motion, or medication in motion, tai chi promotes serenity through gently flowing movements. It improves overall physical condition, muscle strength, coordination, flexibility and balance. Stress, anxiety, pain and sleep have also improved with regular practice.