

ADVANCED TRAINING

JANUARY -
FEBRAURY



7 Yoga for Chronic Illness, Pain and Anxiety

Studio 2 with Robin
Sundays • 11:15am-12:15pm

Manage pain, relieve stress and reconnect with your body using breath, movement and meditation. Enjoy a restorative combination of Breath, Asana and Yoga Nidra (guided meditation), and don't worry about any down dogs which can be difficult for participants with vertigo. We'll show you props and modifications you can use to customize your practice to your comfort and ability.

7 Self-Defense Training

Studio 2 with Allen
Mondays • 11am-12pm

This Martial Arts-based class focuses on techniques that defend against assault. Learn practical strategies for escaping potentially dangerous situations and improve your hand-eye coordination, balance, speed, power, strength, focus and confidence. This class will progress each week as you enhance psychological awareness and verbal skills while learning how to defend yourself.

Workshops

7 Chakra Yoga

Studio 2 with Jess
Saturday, January 22 • 10-11:30am

Join us for this workshop and learn about the seven chakras, or energy centers, believed to be located at specific points along the midline of the body. Participants will learn the characteristics of each chakra and how Yoga influences the chakras. Finally, all will enjoy a Yoga practice designed to open balance and chakras. *This workshop will include essential oils and incense burning to engage the senses.*

Register for Advanced Training at the Front Desk.

7 Classes meet once a week for a 7-week session
Fee: \$70 member | \$105 non-member
Drop-In Fee: \$15 member | \$20 non-member

Registration Information
December 13 | Member registration begins.
December 14 | Non-member registration begins.

Workshop Fee:
\$20 member | \$25 non-member



Downtown

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