

# workshop

## SCHEDULE

MAR-APR

### **Yin Yoga** with Steve C

March 12 • 11:30am-12:30pm Lotus Studio

March 14 • 5:30-6:30pm Training Studio

Yin Yoga works the deeper levels of the body/heart/mind: the connective tissues of the ligaments, fascia, joints and bones, and the energetic channels of the meridians, nerves and blood system. Yin Yoga targets the connective tissues in a passive style of asana poses, and it is common to hold a pose for 3-5 minutes to allow the deeper connective tissue to release and relax.

### **MELT Method Foot and Hand Self-Treatment**

Move Studio with Emily Y

April 19 • 10-11am

Attention arthritis, carpal tunnel syndrome, trigger finger, plantar fasciitis, and bunions sufferers! Discover relief with the MELT Method, a unique self-treatment system using soft balls to release stuck stress and enhance your body's natural healing abilities. Join us for this interactive workshop and experience the benefits firsthand. Please wear shorts or capri-length leggings to ensure your feet are visible, and bring water and your yoga mat. Note that this is a barefoot class.

### **MELT Method Soft Body Roller for Head, Neck, and Upper Back\***

Move Studio with Emily Y

March 15 • 10-11:30am

Are you struggling with chronic headaches, neck or shoulder stress and pain, poor posture/alignment, rotator cuff tears/surgery, or "tech neck"? Or do you want to prevent these issues? This workshop is designed for you! Join our MELT specialist for an interactive session where you'll discover the MELT Method, a unique self-treatment system using a soft, rubberized foam roller to relieve stuck stress and enhance your body's natural healing abilities. Please wear comfortable, fitted clothing and tie back long hair. Note that this is a barefoot class.

### **Self Defense**

Adult Playground with Garrett H

April 13 • 10:30-11:30am

This Ringside-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.

### **Sparring 101\***

Adult Playground with Uli G

March 8 • 10:30-11:30am

April 12 • 10:30-11:30am

Step into Sparring 101, where you'll learn foundational techniques from a variety of martial arts styles. Master essential footwork, proper hand-wrapping for Muay Thai and Brazilian Jiu-Jitsu, and how to throw safe, effective punches and elbows. Practice on your own bag and engage in one-on-one sparring with the instructor in this high-energy workshop. Each participant receives hand wraps to use in class and take home!

### **Yoga Sculpt**

Move Studio with Amy G

April 6 • 8:30-9:30am

This total-body workout is designed to tone and sculpt every major muscle group. Free weights are incorporated as you move through sun salutations and other Yoga sequences, enabling extra length and depth in poses. This intense, yet easy to follow program will complement your regular Yoga practice while pushing your strength and flexibility to new levels. Yoga Sculpt is fun, effective and a perfect way to expand your practice.

**REGISTER FOR WORKSHOPS  
ON THE WAC+ APP**

Member registration | Monday, February 17 • 12pm  
Non-member registration | Tuesday, February 18 • 12pm

Workshop Fees:

\$20 member | \$25 non-member

\*\$25 member | \$30 non-member