

WINCHESTER • OCT THROUGH DEC

POP-UP CLASSES

Hip Hop Glow-Ga

FRIDAY, OCTOBER 26 • 7-8:30PM

with Mandy Loy

Think black lights, body paint, and movement. This will be a high energy class filled with music, fun, and sweat. Wear white or neon colors. Music may contain naughty words.

Laughter Yoga

TUESDAY, NOVEMBER 6 • 7-8:30PM

with Sherry Speelman

Laughter Yoga is a fun class where we will combine laughter exercises with yogic breath and gain an understanding of the health benefits of not taking ourselves so seriously. A great way to reduce stress, boost your immune system, and improve cardiac health, laughter yoga is relaxing and promotes happiness and a general sense of well being. It's appropriate and accessible for all ages and body types.

Post-Thanksgiving Burn

TUESDAY, NOVEMBER 27 • 7-8:30PM

with Marlon Powell

Burn off all those mashed potatoes and pumpkin pie in this all-levels burner.

Restore for the Holidays

TUESDAY, DECEMBER 11 • 7-8:30PM

with Christa Mastrangelo Joyce

Restore for the Holidays: Treat yourself to the gift of rejuvenation, relaxation, and renewal. During what can be a hectic season, consider your need for rest. Join Christa Mastrangelo Joyce as she guides you through a restorative yoga practice, complete with relaxing breath work, and a blissful guided meditation.

Nourishing for the Solstice

TUESDAY, DECEMBER 18 • 7-8:30PM

with Sherry Speelman

According to Latin roots, solstice, means "sun standing still." What better way to prepare for that pause by slowing down, and taking time to nourish yourself— mind, body and spirit — with a candlelit yin-yoga practice to bring balance to your busy yang-style life. This practice will use longer held postures that will support you in accessing the deeper, more yin parts of yourself.



Pop-up Classes are FREE to Members, or pay with a class card, or drop-in.

REGISTER ONLINE:

JalaYogaFlow.com

MORE INFO:

401.440.0279

The advertisement for the holiday shop features a top section with a photograph of various dried spices and herbs, including star anise, cardamom pods, and a pinecone. Below the photo, the text "OM for the Holidays" is written in a large, elegant font. Underneath, it says "A Pop-up Holiday Shop. Get your giving spirit on with great gift selections by local artists and merchants." The date and time "DECEMBER 8 • NOON-5PM" are listed, followed by a dark blue rectangular button with the word "WINCHESTER" in white capital letters. The bottom of the ad shows more dried spices and a small blue heart-shaped cookie.

OM ^{for the} Holidays

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great gift selections by local
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DECEMBER 8 • NOON-5PM

WINCHESTER