

STRATFORD CONTINUING EDUCATION

Winter/Spring 2025 Class Schedule

Location key: **SES** – Stratford Elem Gym **SHS** – Stratford High Gym **BOLD = CHANGE**

12/10/24

COURSE TITLE	INST	DAY	TIME	X	FEE	DATES	NOTES
MARSHFIELD ‘AM’	YOGA						
Yogatone	Cathy T	M	9:00 - 10:00am	17	\$64.00*	1/13 - 5/5	Good Shepherd Hall
Gentle Yoga	Cathy T	W	8:30 - 9:30am	17	\$64.00*	1/15 - 5/7	Good Shepherd Hall
Gentle Yoga	Cathy T	W	10 - 11:00am	17	\$64.00*	1/15 - 5/7	Good Shepherd Hall
Vinyasa Flow Yoga	Cathy T	F	9:00 - 10:00am	17	\$64.00*	1/17 - 5/9	Good Shepherd Hall
Yogatone	Christine J	SA	8:30 - 9:30am	14	\$53.00*	2/1 - 5/3	Good Shepherd Hall
MARSHFIELD ‘PM’	YOGA						
Gentle Yoga	Christine J	M	5:30 - 6:30pm	16	\$60.00*	1/20 - 5/5	Good Shepherd Hall
Yogatone	Christine J	T	5:30 - 6:30pm	16	\$60.00*	1/21 - 5/6	Good Shepherd Hall
Yoga for Every Body	Cathy T	TH	5:30 - 6:30pm	16	\$60.00*	1/16 - 5/1	Good Shepherd Hall
STRATFORD YOGA							
Gentle Yoga	Christine J	W	6:30 - 7:30pm	15	\$56.00*	1/22 - 5/7	Zion Family Center/SHS Gym
SPENCER YOGA							
Gentle Yoga	Cathy T	M	6:00 - 7:00pm	10	\$45.00*	2/17 - 4/21	St. John’s Fellowship Hall

*Supplies required (see below)

COURSE DESCRIPTIONS

Gentle Yoga This Hatha yoga class will include a slow flow that connects poses with the breath, along with poses to promote flexibility, balance and strength. Special focus will be placed on connecting with yourself and your present condition, promoting self awareness. You will be encouraged to explore the idea that poses are for the body, the body is not for the pose. Modified poses will be offered. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket. **NOTE: No class STRATFORD Wed. 2/12; Stratford locations: 1/22 – 2/26 @ Zion Family Center 3/5 – 5/7 @ SHS Gym**

Vinyasa Flow Yoga “Vinyasa” means “breath-synchronized movement” or moving from one pose to the next on an inhale or an exhale. This class offers basic yoga postures in a flowing sequence leading into balance poses and relaxing stretches. Vinyasa has both mental and physical benefits. Physically, the flowing portion expels toxins and re-energizes the body. Mentally, the synchronized breathing relaxes the mind and helps to release any blockage of energy flow throughout the body. If you like to focus on the power of breathing and flowing movement through poses, you will enjoy Vinyasa. Prior Yoga experience is helpful but not required. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; cotton or wool blanket.

Yoga For Every Body Beginners to advanced Yogis welcome! This Hatha Yoga course with Cathy will include yogic breathing to reduce stress, asanas (yoga poses) to promote flexibility, balance and strength, and relaxation exercises to create an awareness and calm the mind. Special focus will be placed on alternative postures or positioning. A slow flow Vinyasa style will synchronize movement with breathing. Previous yoga experience helpful. **SUPPLIES REQUIRED:** Yoga mat; Optional: Yoga block; Yoga strap; blanket.

Yogatone This class combines the classic principles of yoga with strength training using free weights. The addition of hand weights to a yoga program may have fantastic benefits for those with low bone density conditions such as osteoporosis. Weight-bearing exercises can help in growing denser and stronger bones, over time. Yoga increases flexibility and mobility of the joints. The added weights increase the resistance of the exercise to help improve muscle tone and strength. Yogatone offers the best of both exercises in one session. The outcome is great body tone, longer leaner sculpted muscles, and extra flexibility. **SUPPLIES REQUIRED:** Yoga Mat; Hand weights (your choice of weight); Water.

TO SIGN UP FOR A CLASS:

<https://tsu.me/wtrspg2025classes>