



Doors open 15 minutes before any scheduled class

111-115 Frank E. Rodgers Blvd. So., Harrison, NJ			Stretch Studio & Cafe – November 2017			Phone: (862) 229-2940	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>KEY:</p> <ul style="list-style-type: none"> ▪ HY – Hatha Yoga ▪ HYEP – Hatha Yoga English / Portuguese ▪ IHYM – Integral Hatha Yoga Meditation ▪ REST – Restorative Yoga ▪ CYEP – Chair Yoga English & Portuguese ▪ GY – Gentle Yoga Relaxation Meditation ▪ OLV – Open Level Vinyasa ▪ OLCV – Open Level Core Vinyasa ▪ SNF – Stretch & Flow ▪ FNF – Friday Night Flow ▪ ES – English and Spanish ▪ PILATES – Core Workout 						<p>Free Classes for Veterans, Police, Fire and EMTs this month Thank you for your service!</p>	
<p>To register for classes visit our website www.stretchstudioj.com or go to: clients.mindbodyonline.com – search for Stretch Studio & Café Access available via your Smart Phone – Schedule Subject to Change, Call/Check Site Email Us at: stretchstudioharrison@gmail.com</p>		<p>*Yoga Nidra: A minimum of FOUR students is required or class subject to cancelation. Call studio/sign up online to reserve your spot.</p>	<p>PRICING:</p> <ul style="list-style-type: none"> • Drop-in: \$15 • 1 Month Unlimited \$45 (recurring credit card) • 5 Classes for \$60 = \$12 per class 	<ul style="list-style-type: none"> • 10 Classes for \$100 = \$10 per class • Buy One \$100 package – Get One 50% off (Great for two) 	<p>STRESSED OUT? INJURED? EXHAUSTED? TRY RESTORATIVE YOGA</p>	<p>FIRST CLASS ALWAYS FREE!!!</p>	
<p>TROUBLE SLEEPING? TRY YOGA NIDRA</p>		<p>*Yoga Nidra: A minimum of FOUR students is required or class subject to cancelation. Call studio/sign up online to reserve your spot.</p>	<p>Beginner Meditation Sunday, November 26th 3:45 PM</p>	<p>1 6:30 pm – OLV 8:00 pm – Yoga Nidra* Both classes - Julia</p>	<p>2 7:00 pm – SNF Rebecca</p>	<p>3 10:00 am – HY Autumn 7:30 pm – FNF Sarah</p>	<p>4 11:00 am – Pilates Autumn 12:00 pm – OLV Rebecca</p>
<p>5 2:00 pm – REST Rebecca</p>	<p>6 7:30 pm – HY/OLV Sarah</p>	<p>7 7:00 pm – HYEP/GY Juliana</p>	<p>8 6:30 pm – OLV 8:00 pm – Yoga Nidra* Both classes - Julia</p>	<p>9 7:00 pm – SNF Rebecca</p>	<p>10 10:00 am – HY Autumn 7:30 pm – FNF Sarah</p>	<p>11 11:00 am – Pilates Autumn 12:00 pm – SNF Sarah</p>	
<p>CLASS DESCRIPTIONS ON NEXT PAGE</p>							
<p>12 2:00 pm – REST Sarah</p>	<p>13 7:30 pm – HY/ OLV Sarah</p>	<p>14 7:00 pm – SNF Rebecca</p>	<p>15 6:30 pm – OLV 8:00 pm – Yoga Nidra* Both classes - Julia</p>	<p>16 7:00 pm – SNF Rebecca</p>	<p>17 10:00 am – HY Autumn 7:30 pm – FNF Sarah</p>	<p>18 11:00 am – Pilates Autumn 12:00 pm – OLV Rebecca</p>	
<p>19 2:00 pm – REST Rebecca</p>	<p>20 7:30 pm – HY/ OLV Sarah</p>	<p>21 7:00 pm – HYEP/GY Juliana</p>	<p>22 5:00 pm – OLV Rebecca Time change only this week – Limited classes due to Holiday Weekend</p>	<p>23 Happy Thanksgiving! No classes </p>	<p>24 10:00 am – HY Autumn Limited classes due to Holiday Weekend</p>	<p>25 11:00 am – Pilates Autumn 12:00 pm – SNF Autumn</p>	
<p>26 This Sunday... RELAX the BODY & MIND 2:00 pm – REST Sonya 3:45 pm – Beginner Meditation - Sonya</p>	<p>27 7:30 pm – HY/OLV Sarah</p>	<p>28 7:00 pm – SNF Juliana</p>	<p>29 6:30 pm – OLV 8:00 pm – Yoga Nidra* Both classes - Julia</p>	<p>30 7:00 pm – SNF Rebecca</p>	<p>Jyoti Yoga Teacher Training January 2018 Speak to Julia for more details</p>	<p>Give a Healthy Holiday Gift! Gift Certificates Available</p>	

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What is Yoga?

The term Yoga has been in use for thousands of years. As yoga becomes more widespread and diverse, a single definition is difficult to determine. A modern interpretation of the word means union, and is the practice of accessing and integrating all characteristics of our true nature – the body, mind, and spirit -- in the pursuit of inner harmony.

Many people think that yoga is just stretching; but while stretching certainly plays a role, Yoga creates a balance in the body through developing both strength and flexibility, in addition to enhancing mental well-being and overall wellness.

In general, Yoga:

Improves mind/body connection, endorses a fit and healthy lifestyle, promotes an overall sense of well-being and encourages respect for oneself and others.

Body:

- Develops a strong and flexible body
- Increases balance, body awareness and coordination
- Develops core strength, essential for good posture and correct physical alignment
- Reduces injuries and improves performance
- Improves digestion, circulation and elimination
- Strengthens the immune system
- Relaxes the body, promoting better sleep

Mind:

- Calms and clears the mind, bringing us into the present moment
- Relieves tension and stress
- Increases concentration, focus and attention span
- Promotes thinking and memory
- Expands imagination and creativity
- Reduces stress and anxiety
- Improves ability to be less reactive; more mindful of thoughts, words and actions
- Balances energy (high or low)

Spirit:

- Builds confidence and self-esteem
- Supports character development and emotional intelligence
- Enhances team skills and social interaction
- Develops discipline and self-control
- Supports individuality and self-expression
- Encourages social and environmental awareness and responsibility
- Inspires respect for self and others

Yoga Descriptions

Hatha Yoga is the most widely practiced form of yoga in the world. Hatha Yoga uses postures (asanas) and conscious breathing (Pranayama) in combination with mental focus to develop awareness, strength, flexibility and relaxation. A Hatha Yoga class is a slow-paced stretching class with some simple breathing exercises with no flow between poses. This is a good place to learn beginners' poses, breathing and relaxation techniques and become comfortable with yoga.

Vinyasa Yoga is a series of poses that will move you through the power of inhaling and exhaling. Vinyasa means "breath-synchronized movement" and these movements are smoothly flowing and almost dance-like, which explains why it is sometimes referred to as Vinyasa Flow or just Flow.

Core Strength Vinyasa Yoga is a dynamic practice which focuses on accessing and activating the core during yoga poses. It goes beyond the core in a purely physical sense by also working on the energetic core of the pose. Core Strength Vinyasa yoga concentrates not just on abdominal work but on the physical, mental, emotional, spiritual and energetic "core" of yoga poses. Specific poses and sequences are designed to help students access and understand their core which improves alignment and stability as well as connecting the mind and body.

Gentle Yoga is a class appropriate for all levels, for those that want to take it slow or who have physical limitations. Classes focus on releasing tension, connecting the breath and working the joints. The class works at a slow pace and stretches all areas of the body and may use props to allow the body to achieve each position comfortably.

Restorative Yoga is also a class appropriate for all levels, for those that want to take it slow or who have physical limitations. It is designed to restore the nervous system and help release deeply held tensions from the body and mind. Props and blankets are used to support the passive, lengthier postures to gently stretch and strengthen the body while creating the foundation to "let go". Restorative Yoga helps kick in the body's relaxation response, so let gravity take over and engage your parasympathetic nervous system to reduce stress and heal.

Chair Yoga is one of the gentlest forms of yoga that is practiced sitting in a chair or standing using a chair for support. The poses are often adaptations of Hatha Yoga poses modified to meet the needs of the student. Regardless of your age, level of activity and physical challenge, Chair Yoga offers you the ability to improve your health through an amazing form of adaptive exercise.

Yoga Nidra means Yogic Sleep. It is a state of conscious Deep Sleep. In meditation, you *remain* in the waking state of consciousness, and gently focus the mind, while allowing thought patterns, emotions, sensations and images to arise and go on. However, in Yoga Nidra, you *leave* the waking state, go *past* the dreaming state, and go to deep sleep, yet remain awake. Yoga Nidra brings an incredible calmness, quietness and clarity. Yoga Nidra is one of the deepest of all meditations, leading awareness through many levels of mental process to a state of supreme stillness and insight.



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