

# March 2010

## SPECIAL ACTIVITIES

**Candle Light Restorative Yoga:** March 25, 2010, 6:30pm

Experience a restorative class designed to stimulate, calm and soothe the nervous system and mind in a community building setting.

**Fourth Fridays Salsa with Oscar:** March 26, 2010, 6:30pm

You asked for more, now you've got it...Oscar will give an additional salsa class on the 4<sup>th</sup> Friday of each month.

**CSA 2010:** March 29, 2010

Another season of fresh vegetables begins this summer with our community supported agriculture program. Deposits are due on March 29.

**Four-Week Saturday Yoga Series:** Starting March 27<sup>th</sup>, 11am

Come join us for this very special a 4-week Saturday yoga series and experience the benefits of an additional class that is sure to give a boost to your weekend.

**Yoga Level 1** is a 45-minute class for beginners as well as experienced students emphasizes the deeply relaxing and healing dimensions of yoga in a non-competitive, safe and supportive environment. We will practice traditional poses with a focus on proper alignment and breath to develop flexibility, balance and strength.

**Yoga Level 2** builds on the foundations of experienced practitioners weaving more advanced postures together to create a smooth flowing motion of postures.

**Yoga Open Level:** Challenging/Level 1-2; Beginners welcome; modify and pause as necessary.

**Pilates:** Developed in the 1920' s by Joseph Pilates, the Pilates Method is a unique exercise system focused on improving flexibility and strength, allowing the body to attain symmetry. Pilates is a series of controlled movements engaging both mind and body, promoting spinal flexibility, the body' s symbol of youth. The more flexible the spine remains, the more youthful the body.

**Wednesdays 7pm-8pm – Salsa** Join Oscar every Wednesday night for Salsa at 7pm. This one-hour class will help you shape up and have lots of fun doing it!

**Fridays: Total Body Conditioning and Cardio** Strengthen and tone your entire body with this awesome new class fit for all levels of experience.